

Vajra Armor Healing Retreat
With Lama Sonam Tsering Rinpoche
Pema Osel Ling
November 26-December 2, 2018

Monday, November 26

8:00 – 9:30 am	Concise Vajrasattva Daily Puja and Tsok Offering
9:30 – 10:00 am	Breakfast
1:00 – 1:30 pm	Lunch
2:00 – 5:00 pm	Teachings and Oral Transmission Blessing for Vajra Armor Mantra and Practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Meditation Practice

Tuesday, November 27

8:00 – 9:15 am	Ngondro and Concise Tsok Offering
9:30 – 10:00 am	Breakfast
10:30 – 1:00 pm	Teachings
1:00 – 1:30 pm	Lunch
2:30 – 5:00 pm	Personal Meditation Practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Meditation Practice

Tuesday, November 27 through Friday, November 30

8:00 – 9:30 am	Concise Daily Puja and Tsok Offering
9:30 – 10:00 am	Breakfast
10:30 – 1:00 pm	Personal Meditation Practice
1:00 – 1:30 pm	Lunch
2:30 – 5:00 pm	Personal Meditation Practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Meditation Practice

Saturday, December 1

8:00 – 9:30 am	Concise Daily Puja and Tsok Offering
9:30 – 10:00 am	Breakfast
10:30 – 1:00 pm	Teachings
1:00 – 1:30 pm	Lunch
2:30 – 5:00 pm	Personal Meditation Practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Meditation Practice

Sunday, December 3

8:30 – 9:00 am	Breakfast
9:30 – 12:30 pm	Teachings with Q&A, followed by Dakini Day Puja and Tsok
12:30 – 1:00 pm	Lunch (last meal of retreat)