

Amitabha Phowa

Thanksgiving Retreat with Lama Sonam Tsering Rinpoche

Pema Osel Ling

November 22 – 25, 2018

Thanksgiving Day: Thursday, November 22nd

1:00 – 2:30 pm	Ngöndro and Amitabha Zhing-Drub Pure Land Tsok Offering Puja
5:30 – onwards	Thanksgiving Dinner

Friday and Saturday, November 23rd and 24th

8:00 – 8:30 am	Breakfast
9:00 am – 12:30 pm	Teachings with Lama Sonam Rinpoche
12:30 – 1:00 pm	Lunch
1:15 pm – 2:15 pm	Individual meetings with Lama Sonam Rinpoche
2:30 – 5:00 pm	Teachings with Lama Sonam Rinpoche
5:00 – 5:30 pm	Dinner
6:30 – 8:30 pm	Sa-Ter Ngöndro and Concise Buddha Amitayus Practice with Tsok and Protectors

Sunday, November 25th

8:00 – 8:30 am	Breakfast
9:00 am – 12:30 pm	Teachings with Lama Sonam Rinpoche
12:30 – 1:00 pm	Lunch
2:30 – 4:30 pm	Short Advice On How to Practice at Home, followed by Sa-Ter Ngöndro and Concise Buddha Amitayus Practice with Tsok and Protectors
5:00 – 5:30 pm	Dinner