

Dorje Drolo Trekchö Retreat with Lama Sonam Tsering Rinpoche
December 29, 2018 to January 6, 2019

Saturday, December 29 – Start of Retreat

8:30 – 9:00 am	Breakfast (first meal served)
10:00 am – 12:30 pm	Concise Dorje Drolo with Protectors, Supplication and Tsok
12:30 – 1:00 pm	Lunch
3:00 – 5:00 pm	Introductory Trekchö Teachings
5:00 – 5:30 pm	Dinner
6:30 – 8:30 pm	Private practice session

Sunday, December 30

6:30 – 8:30 am	Private practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	Private practice session
1:00 – 1:30 pm	Lunch
2:30 – 5:30 pm	Trekchö Teaching
5:30 – 6:00 pm	Dinner
6:30 – 8:00 pm	Concise Dorje Drolo Puja with Protectors and Tsok
8:00 – 9:00 pm	Private practice session

Monday, December 31 (Dakini Day)

6:30 – 8:30 am	Private practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	Private practice session
1:00 – 1:30 pm	Lunch
2:30 – 5:30 pm	Trekchö Teaching
5:30 – 6:00 pm	Dinner
6:30 – 9:30 pm	Full Length Dorje Drolo Puja with Protectors and Tsok

Tuesday, January 1 through Saturday, January 5

6:30 – 8:30 am	Private practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	Private practice session
1:00 – 1:30 pm	Lunch
2:30 – 5:30 pm	Trekchö Teaching
5:30 – 6:00 pm	Dinner
6:30 – 8:00 pm	Concise Dorje Drolo Puja with Protectors and Tsok
8:00 – 9:00 pm	Private practice session

Sunday, January 6 – Conclusion of Retreat

6:30 – 8:00 am	Private practice session
8:00 – 8:30 am	Breakfast
9:00 am – 12:00 pm	Trekchö Teaching
12:00 – 1:30 pm	Ngondro and Shower of Blessings Tsok
1:30 – 2:00 pm	Lunch (last meal of retreat)