

Vajrayana Foundation 2019 Ngöndro Retreat, April 13-21, 2019

with Lama Sonam Tsering Rinpoche, Sam Bercholz, Amy Green and Frederico Trancoso

Saturday, April 13 (Medicine Buddha Day)

9:00 – 9:30 am	Breakfast
10:30 am – 12:30 pm	Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz
12:30 – 1:00 pm	Lunch
3:00 – 5:00 pm	Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz
5:00 – 5:30 pm	Dinner
6:00 – 8:00 pm	Orgyen Menlha Puja with Protectors and Tsok

Sunday, April 14 (Guru Rinpoche Day)

9:00 – 9:30 am	Breakfast
10:30 am – 12:30 pm	Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz
12:30 – 1:00 pm	Lunch
3:00 – 5:00 pm	Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz
5:00 – 5:30 pm	Dinner
6:00 – 9:00 pm	Tsokye T’huk T’hik Puja with Protectors and Tsok

Monday, April 15 to Thursday, April 18

7:00 – 7:30 am	Ngondro with Tsok Kang Dechen
7:30 – 8:30 am	Ngondro Instruction and/or Accumulations
8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz (Monday only), Amy Green and/or Lama Sonam Rinpoche
12:00 – 12:30 pm	Lunch
2:30 – 5:00 pm	Ngondro Teachings*, with Lama Sonam Rinpoche and/or Frederico Trancoso
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Group practice with guidance from Frederico Trancoso

Friday, April 19 (Full Moon Day)

7:00 – 7:30 am	Ngondro with Tsok Kang Dechen
7:30 – 8:30 am	Ngondro Instruction and/or Accumulations

8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	Teachings on “The Cascading Waterfall of Nectar” with Lama Sonam Rinpoche and/or Amy Green
12:00 – 12:30 pm	Lunch
2:30 – 5:00 pm	Ngondro Teachings*, with Lama Sonam Rinpoche and/or Frederico Trancoso
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Buddha Puja with Tsok

Saturday, April 20

7:00 – 7:30 am	Ngondro with Tsok Kang Dechen
7:30 – 8:30 am	Ngondro Instruction and/or Accumulations
8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	Teachings on “The Cascading Waterfall of Nectar”, with Lama Sonam Rinpoche and/or Amy Green
12:00 – 12:30 pm	Lunch
2:30 – 5:00 pm	Ngondro Teachings*, with Lama Sonam Rinpoche and/or Frederico Trancoso
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Group practice with guidance from Frederico Trancoso

Sunday, April 21

8:00 – 8:30 am	Ngondro with Tsok Kang Dechen
8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	Final Teachings with Lama Sonam Rinpoche
12:00 – 1:00 pm	Shower of Blessings Tsok
1:00 – 1:30 pm	Lunch

*** April 15 - 20 - Afternoon Teaching Schedule**

Monday	4/15	The Four Thoughts (That Turn the Mind to Dharma)
Tuesday	4/16	The Four Thoughts (That Turn the Mind to Dharma)
Wednesday	4/17	Refuge and Bodhicitta
Thursday	4/18	Mandala Offering
Friday	4/19	Vajrasattva
Saturday	4/20	Guru Yoga