

Summer Retreat Schedule
Pema Osel Ling
June 12 – July 11, 2019

Tröma Nagmo (June 12-June 20)

June 12 (Guru Rinpoche Day)

9:00 – 9:30 am	<i>Breakfast</i>
9:00 – 10:00 am	Registration at the Shrine Room
10:00 am – 1:00 pm	Troma Ngondro, Troma Ngondro Lung, Introductory Troma Teachings
1:00 – 1:30 pm	<i>Lunch</i>
2:30 – 7:00 pm	Intermediate Length Troma Sadhana (Sun of Wisdom) with Tsok
7:00 – 7:30 pm	<i>Dinner</i>

June 13-14

6:30 – 8:00 am	Troma Ngondro, Black Feast and Fire Puja
8:00 am – 8:30 am	<i>Breakfast</i>
9:30 am – 11:30 pm	White Feast; Troma Ngondro and Troma Ngondro Teachings
11:30 am – 12:30 pm	Ngondro Personal Accumulations (any Ngondro)
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 5:30 pm	Mixed Feast; Troma Ngondro Teachings and Concise Troma Sadhana (Tro-Chung)
5:30 – 6:00 pm	<i>Dinner</i>
7:00 – 8:30 pm	Concise Troma Sadhana (Conclusion) with Confession, Tsok and Red Feast
8:30 pm – 9:30 pm	Ngondro Personal Accumulations (any Ngondro)

June 15

6:30 – 8:00 am	Troma Ngondro, Black Feast and Fire Puja
8:00 am – 8:30 am	<i>Breakfast</i>
9:30 am – 12:30 pm	Troma Nagmo Empowerment Preparation (restricted)
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 5:30 pm	Troma Nagmo Empowerment
5:30 – 6:00 pm	<i>Dinner</i>
7:30 pm – 9:30 pm	Ngondro Personal Accumulations (any Ngondro)

June 16-19

6:30 – 8:00 am	Troma Ngondro, Black Feast and Fire Puja
8:00 am – 8:30 am	<i>Breakfast</i>
9:30 am – 1:00 pm	White Feast; Intermediate Length Sadhana and Troma Ngondro Teachings

1:00 – 1:30 pm	<i>Lunch</i>
2:30 – 6:30 pm	Mixed Feast; Intermediate Length Sadhana (Conclusion), Confession, Tsok and Red Feast
6:30 – 7:00 pm	<i>Dinner</i>
7:30 pm – 9:30 pm	Ngondro Personal Accumulations (any Ngondro)

June 20

6:30 – 7:30 am	Troma Ngondro and Fire Puja
7:30 am – 8:00 am	<i>Breakfast</i>
9:00 am – 1:00 pm	Intermediate Length Troma Sadhana with Tsok
1:00 – 1:30 pm	<i>Lunch</i>
5:30 – 6:00 pm	<i>Dinner</i>

Black Hayagriva (June 21-June 27)

June 21

8:00 – 8:30 am	Concise Ngondro with Tsok Khang Dechen
8:30 – 9:00 am	<i>Breakfast</i>
12:00 – 12:30 pm	<i>Lunch</i>
2:30 pm – 4:30 pm	Black Hayagriva Empowerment Preparation (restricted)
4:30 – 5:00 pm	<i>Dinner</i>
5:30 – 9:30 pm	Black Hayagriva Empowerment

June 22-26

6:30 – 8:30 am	Sa-Ter Ngöndro
8:30 – 9:00 am	<i>Breakfast</i>
9:30 am – 12:30 pm	Black Hayagriva Sadhana Practice and Teaching
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 7:00 pm	Black Hayagriva Sadhana with Tsok and Teaching
7:00 – 7:30 pm	<i>Dinner</i>

June 27 (Dakini Day)

7:00 – 7:30 am	Concise Ngöndro
7:30 – 8:00 am	<i>Breakfast</i>
8:30 am – 1:30 pm	Black Hayagriva Sadhana and Tsok
1:30 – 2:00 pm	<i>Lunch</i>
5:30 – 6:00 pm	<i>Dinner</i>

Shitro Ngakso with Neydren (June 28-30)

June 28-29

7:00 – 7:30 am	<i>Breakfast</i>
8:00 – 12:30 pm	Concise Ngondro and Shitro Session
12:30 – 1:00 pm	<i>Lunch</i>
2:00 – 7:00 pm	Shitro-Neydren Ceremony with Tsok
7:00 – 7:30 pm	<i>Dinner</i>

June 30

7:00 – 7:30 am	<i>Breakfast</i>
8:00 – 12:30 pm	Concise Ngondro and Shitro Session with Neydren
12:30 – 1:00 pm	<i>Lunch</i>
2:00 – 7:00 pm	Shitro-Neydren Ceremony with Tsok
7:00 – 7:30 pm	<i>Dinner</i>
7:30 pm on	Drupchen Preparations at Shrine Room

Drupchen Preparation (July 1-2)

8:00 – 9:15 am	Concise Ngondro with Daily Practice and Tsok
9:15 – 9:45 am	<i>Breakfast</i>
10:00 am – 1:00 pm	Drupchen Preparations at Shrine Room
1:00 – 1:30 pm	<i>Lunch</i>
2:00 – 5:30 pm	Drupchen Preparations at Shrine Room
5:30 – 6:00 pm	<i>Dinner</i>
6:00 pm on	Drupchen Preparations at Shrine Room

Collection of Seven Treasures Drupchen (July 3-12) and Children's Retreat*

July 3

8:00 – 8:30 am	<i>Breakfast</i>
8:30 am – 12:00 pm	Collection of Seven Treasures Drupchen First Day Session
12:00 – 12:30 pm	<i>Lunch (time approximate)</i>
2:00 – 6:00 pm	Collection of Seven Treasures Drupchen First Day Session
6:00 – 6:30 pm	<i>Dinner (time approximate)</i>

July 4-10

6:00 am – 9:00 am	Collection of Seven Treasures Drupchen First Session
9:00 – 9:30 am	<i>Breakfast</i>
10:00 am – 12:30 pm	Collection of Seven Treasures Drupchen Second Session and Teachings
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 8:30 pm	Collection of Seven Treasures Drupchen Third Session
8:30 – 9:00 pm	<i>Dinner (time approximate)</i>
9:00 pm – 12:00 am	Night Session
12:00 – 3:00 am	Night Session
3:00 – 6:00 am	Night Session

July 11 (Dance Day)

6:00 – 8:00 am	7 Treasures Guru Rinpoche Practice
8:00 – 8:30 am	<i>Breakfast</i>
9:00 am – 12:30 pm	7 Treasures Guru Rinpoche Practice and Tsok
12:30 – 1:00 pm	<i>Lunch (time approximate)</i>
Afternoon	Dance of Eight Manifestations of Guru Rinpoche and Other Sacred Dances

NOTE: Schedule times are approximate.

*Children's Retreat Schedule (July 4-10) will be provided separately. On July 3 and July 11, children attend the regular Drupchen activities with their parents.