

Summer Retreat: Tröma Nagmo, with Sangye Khandro

June 11-20, 2017

Pema Osel Ling

Thank you for registering for our Tröma Nagmo Retreat. Please read the following information, as it could be helpful before and during your stay. **It is important to note that Sangye Khandro requests that everyone participating attend a full 5-day session, if not the full 10 days, in order to preserve the continuity of the teachings and receive the most benefit from the retreat.**

Tröma Ngöndro

June 11-14

6:30 – 8:30 am	Wangdu Silnon, Black Feast, Tröma Ngöndro;
8:30 – 9:00 am	Breakfast
10:00 am – 12:00 pm	White Feast; Tröma Ngondro; Tröma Ngöndro Teachings
12:00 – 12:30 pm	Lunch
2:30 – 4:30 pm	Mixed Feast; Tröma Ngöndro; Tröma Ngöndro Teachings
5:00 – 5:30 pm	Dinner
6:30 – 8:30 pm	Concise Tröma Tsok session; Red or Pure Vision Feast

June 15

6:30 – 8:30 am	Wangdu Silnon, Tröma Ngöndro
8:30 – 9:00 am	Breakfast
10:00 am – 12:00 pm	Tröma Ngöndro; Tröma Ngöndro Teachings
12:00 – 12:30 pm	Lunch
2:30 – 5:30 pm	Intermediate Length Tröma Sadhana with Tsok
6:00 – 6:30 pm	Dinner
7:00 – 8:00 pm	Registration for Tröma Trekchö Retreat

Tröma Trekchö with Intermediate Tröma Sadhana Practice

June 16-19

6:30 – 8:30 am	Wangdu Silnon, Tröma Ngondro
8:30 – 9:00 am	Breakfast
10:00 am – 12:00 pm	Intermediate Sadhana Practice and Tröma Trekchö Teachings
12:00 – 12:30 pm	Lunch
2:30 – 4:30 pm	Intermediate Sadhana Practice and Tröma Trekchö Teachings
5:00 – 5:30 pm	Dinner
6:30 – 8:30 pm	Tröma Intermediate Length or Concise Sadhana with Tsok

June 20

8:30 – 9:00 am	Breakfast
9:30 am – 1:30 pm	Intermediate Length Tröma Sadhana with Tsok
1:30 – 2:00 pm	Lunch
2:30 – 5:00 pm	Shrine Clean-up
5:00 – 5:30 pm	Dinner

Payment

Please complete registration by paying in full before your arrival. Payment options:

- Payment in full with registration;
- Paypal or credit card by following [this link](#);
- Credit Card by calling our office at 831-761-6266 or by emailing office@vajrayana.org to arrange a time to make the payment or to charge your card on file;
- Check made out to “Vajrayana Foundation” and mailed to Vajrayana Foundation, 2013 Eureka Canyon Road, Watsonville, CA 95076. Please write “Troma 2017” in the Memo field or on the envelope. [Should the bank decline your check, you will be charged a 3% monthly fee on your remaining balance and billed for any bank fees.]

Financial Assistance

If you require financial assistance, we offer payment plan options and other alternatives. Please contact office@vajrayana.org to make arrangements.

Cancellation and Refunds

- If you cancel 7 days or more before your arrival we will refund 75% of your fee. If you cancel less than 7 days ahead of time, we regrettably cannot issue a refund.
- Refunds will be issued after July 1.

What to Bring

We recommend that you bring everything you need for the full length of your stay. It is not possible for us to do shopping for retreatants. We do not have laundry facilities for guests, so bring ample changes of clothing. Summer weather can be in the high 40's at night and may get into the 80's during the day.

- Sleeping bag or linens and pillow case (linens are available for a \$15 fee)
- Towels
- Tent, if camping, and a Thermarest or equivalent air mattress
- Lightweight blanket for cold mornings in the shrine room
- Ear-plugs (if disturbed by noise)
- Personal toiletries
- Nutritional and herbal supplements
- Prescription medication, especially asthma medication and heart medicines. The nearest hospital or emergency care clinic is an hour away.
- Comfortable warm- and cool-weather clothing (layers work best)
- Formal shrine room clothing (tanjur (long skirt) or chubpa and zen) is welcome, but not required
- Sensible shoes for uneven terrain
- We provide chairs and cushions
- Alarm clock (or phone) with extra batteries
- Water bottle and/or personal thermos
- Flashlight or headlamp, with extra batteries
- Notebook and pens/pencils
- Personal dharma practice items, including texts

Getting to Pema Osel Ling

- Driving directions and some transportation options are available on our [website](#).
- Shuttle Service
 - [Santa Cruz Airport Flyer](#) (approximately \$50 to SJC; \$75 to SFO)
 - [Santa Cruz Shuttles](#)
 - [Early Bird Airport Shuttle](#)
 - [Blue Water Limo](#)
- [Uber](#) or [Lyft](#) (approximately \$50 to SJC; \$140 to SFO)

ROAD UPDATE:

From Watsonville and Santa Cruz: Eureka Canyon Road is OPEN.

From San Jose: The road over Summit and Highland Way is OPEN. Please drive carefully!

Parking and Driving

- Parking by the office is for registration, or for not more than 1/2 hour.
- Please park in **Parking Lot A** (sign-posted).
- You may park by the Sangha House if you are staying there.
- Please do not park in front of the pond, down by the cabin area or behind the Sangha House.
- Unless you have a physical disability, please do not drive around on the land.
- If you need to drive to the Shrine or Dining Hall, contact the office for a Parking Permit.
- Please keep onsite driving speed under 5 mph.

Conduct

- **Smoking, alcohol, and recreational drugs** are not permitted on the land at any time.
- **Candles, fires, and incense** are not permitted on the land at all. We are at high fire risk year 'round.
- Please keep fragrances to a minimum, especially in the Shrine Room, as many people have sensitivities.
- Keep conversation quiet and respectful in the Shrine Room; other suggestions for proper Shrine Room etiquette will be available onsite.

Accommodations

- We provide indoor housing with 2-5 people per room (same sex).
- All beds come with a light comforter and a pillow. You must bring sheets or a sleeping bag, and a pillow case, or linens are available for a \$15 rental fee.
- You are welcome to bring your own tent and camp. A camping fee will apply.
- We have a couple of RV hook ups. Please contact the office to pre-arrange.

Food

- We serve vegetarian options at all meals and meat dishes at most lunches.
- We will have gluten-free meal options but other than this, we apologize for not being able to accommodate individual dietary restrictions or requirements.

- If you have high protein needs, please bring supplemental snacks. There is limited refrigeration by pre-arrangement.
- Tea and hot water are available at the Dining Hall at all times. Coffee is available at breakfast.

Work Assignments

- We ask that onsite guests contribute an hour of work a day towards the smooth running of this event.
- Assignments will be given upon arrival.

Children

- Children 13 and under need to be accompanied by a parent or parent-approved guardian at all times
- Adults are completely responsible for supervising their children, unless childcare is available.
- Children are welcome in the shrine room as long as they do not disturb other guests.
- Swimming pool: We do not have a lifeguard. Children must be accompanied by a parent or a parent-approved guardian at the ratio of 1 adult to 3 children.

Phones and Internet

- Verizon provides the best cell phone service for this area.
- The phone in the Information Booth can be used to make free local calls. Use your calling card for long distance.
- WiFi is available at the Dining Hall and the Bookstore, and the password will be available at check-in. Please use only for email and light internet browsing---no streaming, or large down- or up-loads, as our service is very limited.

Miscellaneous

- This is a rustic location. **Poison-Oak** is a plant that induces allergic reactions in most people, so please keep to the paths to prevent contact with it.
- **Tick Bites** - If you feel a bite, and there is a small black spot on your skin, you may have been bitten by a tick. Some ticks carry Lyme and other diseases. See a staff member for help.
- **Wildlife** – do not feed or encourage the wildlife. Be aware that we have mountain lions and bobcats in the region. Do not keep food in your tent, as it will attract skunks, wild pigs and raccoons, etc.
- **Pets are not permitted at Pema Osel Ling.** If you have a service animal, please contact the office.

Dharma Treasures gift shop

- The store stocks practice items, sadhanas, photos, books, gifts, cards, thangkas and other artwork, a selection of clothing, snacks, basic toiletries, and items such as flashlights.
- Cash, checks and credit cards accepted.
- Contact details: (831) 761-6274 store@vajrayana.org.

Offerings

It is traditional for individuals to make an offering to teachers and translators at the end of retreats. Tibetan offering scarves (khatas) can be purchased at the Dharma Treasures store, and we provide envelopes for monetary offerings. Please bring enough cash as the bookstore is only able to offer limited cash back on debit purchases, and we do not have an ATM on the land.

Contact Information and Mail

Please ask a staff member before having mail sent to you while on retreat.

Email: office@vajrayana.org

Dharma Programs Phone: (831) 761-6266 (press # to leave a message)

Address: Vajrayana Foundation, 2013 Eureka Canyon Road, Watsonville, CA 95076