

**Vajra Armor Healing Retreat**  
**With Lama Sonam Tsering Rinpoche**  
Pema Osel Ling  
November 27-December 3, 2017

**Monday, November 27**

<b>8:00 – 9:30 am</b>	<b>Concise Vajrasattva Daily Puja and Tsok</b>
1:00 – 1:30 pm	Lunch
<b>2:00 – 5:00 pm</b>	<b>Teachings and Oral Transmission Blessing for Vajra Armor Mantra and Practice (*Beginning of retreat)</b>
5:00 – 5:30 pm	Dinner
<b>6:30 – 8:00 pm</b>	<b>Personal Meditation Practice</b>

**Tuesday, November 28 (Guru Rinpoche Day)**

<b>8:00 – 9:15 am</b>	<b>Ngondro and Concise Tsok</b>
9:30 – 10:00 am	Breakfast
<b>10:30 – 1:00 pm</b>	<b>Teachings</b>
1:00 – 1:30 pm	Lunch
<b>2:30 – 5:00 pm</b>	<b>Personal Meditation Practice</b>
5:00 – 5:30 pm	Dinner
<b>7:00 – 9:30 pm</b>	<b>Tsokyi T’huk T’hik Puja and Tsok</b>

**Wednesday, November 29 through Friday, December 1**

<b>8:00 – 9:30 am</b>	<b>Concise Daily Puja and Tsok</b>
9:30 – 10:00 am	Breakfast
<b>10:30 – 1:00 pm</b>	<b>Personal Meditation Practice</b>
1:00 – 1:30 pm	Lunch
<b>2:30 – 5:00 pm</b>	<b>Personal Meditation Practice</b>
5:00 – 5:30 pm	Dinner
<b>6:30 – 8:00 pm</b>	<b>Personal Meditation Practice</b>

**Saturday, December 2**

<b>8:00 – 9:30 am</b>	<b>Concise Daily Puja and Tsok</b>
9:30 – 10:00 am	Breakfast
<b>10:30 – 1:00 pm</b>	<b>Teachings</b>
1:00 – 1:30 pm	Lunch
<b>2:30 – 5:00 pm</b>	<b>Personal Meditation Practice</b>
5:00 – 5:30 pm	Dinner
<b>6:30 – 8:00 pm</b>	<b>Personal Meditation Practice</b>

**Sunday, December 3**

<b>8:30 – 9:00 am</b>	Breakfast
<b>9:30 – 12:30 pm</b>	<b>Teachings with Q&amp;A, followed by Buddha Puja and Tsok</b>
12:30 – 1:00 pm	Lunch

## Vajra Armor Healing Pre-Retreat Information

### 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: [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=VMBKHBVV3MF64](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=VMBKHBVV3MF64) (Please indicate "VA2017")
- Credit Card by calling our office at 831-761-6266 or by emailing [office@vajrayana.org](mailto: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 "VA2017" 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](mailto:office@vajrayana.org) to make arrangements.

### Cancellation and Refunds

- Because this retreat is special, we cannot provide a refund for cancellations

### Check-in and Check-out

#### Check-in

If planning to arrive Friday, November 26, please make advance arrangements, and check in at the Shrine Room, as this will be the last day of Thanksgiving Retreat. If arriving Monday, November 27 or later, check in 30 minutes before each session at the Shrine Room.

#### Check-out

Please have your belongings removed from lodging by 3 pm on Sunday, December 3 so that accommodations can be prepared for the next event.

### Text List

To be available later.

### Getting to Pema Osel Ling

Driving directions and some transportation options are available on our [website](#).

- Shuttle Services
  - [Santa Cruz Airport Flyer](#) (to/from Best Western Hotel, Aptos: \$40 SJC; \$55 SFO)
  - [Santa Cruz Shuttles](#)
  - [Early Bird Airport Shuttle](#)
  - [Blue Water Limo](#)
- [Uber](#) or [Lyft](#) (approximately \$50 to/from SJC; \$140 to/from SFO)

### Parking

Please park in Parking Lot A (sign-posted). If you are staying in the Sangha House, you may park to its side. Please do not park in front of the pond or down by the cabin area.

## 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. Please bring your own towels and linens or a sleeping bag. Linens may be rented for \$15, please let us know ahead of time if you will require rentals.
- You are welcome to bring your own tent and camp, as the season permits. 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.
- 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.
- Please do not keep food in your room or tent.

## Children

- Children 13 and under need to be accompanied by a parent or parent-approved guardian at all times
- Adults are 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.

## What to bring

- Flashlight
- Personal medication and toiletries (some toiletries are available in our bookstore)
- Ear-plugs if you are disturbed by snoring
- Warm- and cool-weather comfortable clothing (layers work best)
- Rain jacket and/or umbrella during rainy season, November to March
- Sensible shoes – some terrain is uneven
- Formal dharma clothing is appropriate but completely optional; attire should be modest

Note --- we have cushions in the shrine-room. Chairs are also available for those unable to sit on the floor.

## Work Assignments

We ask everyone to contribute one hour of work per day towards the smooth running of this retreat. These assignments will be given on your arrival. If physical or other limitations affect your ability to do this, please let us know before retreat begins.

### Phone

There is minimal cell-phone reception at Pema Osel Ling. Our office number (831) 761-6266 can be given to friends and relatives as an emergency contact. There is a working phone in the Information Booth for local calls and for use with your phone card. Turn off phones in the shrine room.

### Mail

Please arrange with the office before having mail sent in your name.

### Internet

You can use our internet at the Bookstore and Dining Hall to check email and for minimal internet searching. The password will be available on arrival. Visitors are not allowed to upload, download, stream, Skype or view videos using our internet, as our service is extremely limited and must be reserved for Vajrayana Foundation business.

### Offerings

Traditionally, offerings are made to all the lamas who participated in the puja at the end of retreat. Tibetan offering scarves (khatas) can be purchased at the Dharma Treasures store, and envelopes for monetary offerings will be provided. The bookstore is able to offer limited cashback on debit card purchases made in the store, but it is advisable to bring sufficient cash for offerings with you, as we do not have an ATM on the land.

### 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 are accepted.
- Contact details: (831) 761-6274, [store@vajrayana.org](mailto:store@vajrayana.org), [dharma-treasures.com](http://dharma-treasures.com)

Thank you for your attention, and enjoy your retreat!

Dharma Programs (831) 761-6266 [office@vajrayana.org](mailto:office@vajrayana.org)