

Trekchö/Rushen Retreat with Lama Pema Dorje Rinpoche
Teachings on His Holiness Dudjom Rinpoche's *Heart Jewel for the Fortunate Ones:*
A Pointing out Instruction for the Great Perfection and Three Pieces of Advice
December 30, 2017 to January 7, 2018

Saturday, December 30 – Start of Retreat

8:30 – 9:00 am	Breakfast (first meal served)
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Opening Shower of Blessings tsok offering and introductory teaching
5:00 – 5:30 pm	Dinner
6:30 – 8:30 pm	Private practice session

Sunday, December 31 – Monday, January 1

6:45 – 8:30 am	Private practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	Sa-Ter Ngondro, Outer Rushen teaching and practice
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Outer Rushen teaching and practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Concise Namchak Pudri puja with dharmapalas and tsok offering
8:00 – 9:00 pm	Private practice session

Tuesday, January 2 (Dudjom Rinpoche's Dechö)

6:45 – 8:30 am	Private practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	Sa-Ter Ngondro, Inner Rushen teaching and practice
12:30 – 1:00 pm	Lunch
2:00 – 6:00 pm	Inner Rushen teaching and practice
6:00 – 6:30 pm	Dinner
7:00 – 9:00 pm	Shower of Blessings tsok offering

Wednesday, January 3

6:45 – 8:30 am	Private practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	Sa-Ter Ngondro, Body teaching and practice
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Speech teaching and practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Concise Namchak Pudri puja with dharmapalas and tsok offering
8:00 – 9:00 pm	Private practice session

Thursday, January 4 (Chatral Rinpoche's Dechö)

6:45 – 8:30 am	Private practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	Sa-Ter Ngondro, Speech teaching and practice
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Speech teaching and practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Shower of Blessings tsok offering puja
8:00 – 9:00 pm	Private practice session

Friday, January 5

6:45 – 8:30 am	Private practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	Sa-Ter Ngondro, Mind teaching and practice
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Mind teaching and practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Concise Namchak Pudri puja with dharmapalas and tsok offering
8:00 – 9:00 pm	Private practice session

Saturday, January 6

6:45 – 8:30 am	Private practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	Sa-Ter Ngondro, Trekchö Advice teaching and practice
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Trekchö Advice teaching and practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Concise Namchak Pudri puja with dharmapalas and tsok offering
8:00 – 9:00 pm	Private practice session

Sunday, January 7 – Conclusion of Retreat

6:45 – 7:45 am	Private practice session
7:45 – 9:00 am	Sa-Ter Ngondro with Dharmapalas
9:00 – 9:30 am	Breakfast
10:00 – 1:00 pm	Trekchö Advice conclusion and Shower of Blessings tsok offering
1:00 – 1:30 pm	Lunch (last meal of retreat)