

Vajrayana Foundation 2018 Ngöndro Retreat

"Leap into the Waterfall: The Joy of Natural Discipline"

with Sam Bercholz, Amy Green and Lama Sonam Tsering Rinpoche

March 24-April 1, 2018

Saturday March 24

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| 8:30 – 9:00 am | Breakfast |
| 10:00 – 12:00 pm | Teachings on "The Cascading Waterfall of Nectar" with Sam Bercholz |
| 12:00 – 12:30 pm | Lunch |
| 2:30 – 4:30 pm | Teachings on "The Cascading Waterfall of Nectar" with Sam Bercholz |
| 4:30 – 5:30 pm | Ngondro and Shower of Blessings Tsok |
| 5:30 – 6:00 pm | Dinner |

Sunday March 25

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| 8:00 – 8:30 am | Ngondro and Tsokhang Dechen |
| 8:30 – 9:00 am | Breakfast |
| 10:00 – 12:00 pm | Teachings on "The Cascading Waterfall of Nectar" with Sam Bercholz |
| 12:00 – 12:30 pm | Lunch |
| 1:30 – 2:30 pm | Talk and Book Signing: <i>A Guided Tour of Hell, A Graphic Memoir</i> |
| 2:30 – 4:30 pm | Teachings on "The Cascading Waterfall of Nectar" with Sam Bercholz |
| 4:30 – 5:30 pm | Shower of Blessings Tsok |
| 5:30 – 6:00 pm | Dinner |

Monday – Saturday March 26 - 31

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| 8:00 – 8:30 am | Ngondro and Tsokhang Dechen |
| 8:30 – 9:00 am | Breakfast |
| 10:00 – 12:00 pm | Teachings* with Amy Green and Lama Sonam Rinpoche |
| 12:00 – 12:30 pm | Lunch |
| 2:00 – 3:00 pm | Accumulation Session in the Shrine Room & Interviews |
| 3:00 – 4:30 pm | Teachings* with Amy Green and Lama Sonam Rinpoche |
| 4:30 – 5:30 pm | Shower of Blessings Tsok |
| 5:30 – 6:00 pm | Dinner |
| 7:00 – 9:00 PM | Personal Accumulation Session in the Shrine Room |

Sunday April 1**8:00 – 8:30 am****Ngondro and Tsokhang Dechen**

8:30 – 9:00 am

Breakfast

10:00 – 12:00 pm**Teachings* with Amy Green and Lama Sonam Rinpoche****12:00 – 1:00 pm****Shower of Blessings Tsok**

1:00 – 1:30 pm

Lunch

***Daily Teaching Schedule March 26-April 1**

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| Monday | 3/26 | The Four Thoughts |
| Tuesday | 3/27 | Refuge |
| Wednesday | 3/28 | Bodhicitta |
| Thursday | 3/29 | Mandala Offering |
| Friday | 3/30 | Vajrasattva |
| Saturday | 3/31 | Guru Yoga |
| Sunday | 4/1 | How to practice at home |