

Pema Osel Ling Troma Nagmo Retreat with Sangye Khandro
June 1-9, 2018

Teachings on the Sadhana Practice Structure and Meaning
for Both Concise and Intermediate Troma Sadhanas

June 1, 2018

8:00 – 8:30 AM	<i>Breakfast</i>
9:00 – 11:30 AM	Short Troma Ngöndro and Intermediate Length Troma Sadhana
11:30 AM – 12:00 PM	<i>Lunch</i>
2:00 – 5:00 PM	Intermediate Length Troma Sadhana (Conclusion), including Troma Empowerment and Tsok
5:00 – 5:30 PM	<i>Dinner</i>

June 2 – 8, 2018

6:30 – 8:30 AM	Troma Ngöndro practice with the Black Feast
8:30 AM – 9:00 AM	<i>Breakfast</i>
10:00 AM – 12:00 PM	Troma Teachings; White Feast
12:00 – 12:30 PM	<i>Lunch</i>
2:30 – 4:30 PM	Troma Teachings; Mixed Feast
4:30 – 5:00 PM	<i>Dinner</i>
6:00 – 8:00 PM	Concise Troma Sadhana Practice with Tsok and Red Feast

June 9, 2018

6:30 – 8:30 AM	Troma Ngöndro Practice with the Black Feast
8:30 AM – 9:00 AM	<i>Breakfast</i>
10:00 AM – 12:00 PM	Intermediate Length Troma Sadhana; White and Mixed Feasts
12:00 – 12:30 PM	<i>Lunch</i>
2:30 – 5:30 PM	Intermediate Length Troma Sadhana (Conclusion) with Tsok and Red Feast
5:30 – 6:00 PM	<i>Dinner</i>