

**Pema Osel Ling 2017 Summer Retreat
June 1 – July 3
Schedule**

Wrathful Black Hayagriva

and Oral Transmission for Lonchenpa's Precious Treasury of the Genuine Meaning

June 1

8:30– 9:00 am	Breakfast (first meal of Summer Retreat)
12:30 – 1:00 pm	Lunch
1:30 – 3:00 pm	Registration at the Shrine Room
3:00 – 7 PM	Black Hayagriva Tsok Session/ Start of retreat
7:00 – 7:30 pm	Dinner

June 2 – 4

7:00 – 8:30 am	Sa-Ter Ngondro
8:30 – 9:00 am	Breakfast
9:30 am – 12:30 pm	Black Hayagriva Session and Teachings
12:30 – 1:00 pm	Lunch
2:00 – 5:00 pm	Oral Transmission for Longchenpa's Precious Treasury of the Genuine Meaning
5:00 – 5:30 pm	Dinner
6:30 – 8:30 pm	Black Hayagriva Tsok Session

June 5 – 9

7:00 – 8:30 am	Sa-Ter Ngondro
8:30 – 9:00 am	Breakfast
9:30 am – 12:30 pm	Black Hayagriva Session and Teachings
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Black Hayagriva Session and Teachings
5:00 – 5:30 pm	Dinner
6:30 – 8:30 pm	Black Hayagriva Tsok Session

June 10

7:00 – 8:30 am	Sa-Ter Ngondro
8:30 – 9:00 am	Breakfast
9:30 am – 1:30 pm	Black Hayagriva concluding session
1:30 – 2:00 pm	Lunch
2:30 – 5:00 pm	Retreat clean up at shrine
3:30– 5:00 pm	Registration for Tröma Ngöndro Retreat
5:00 – 5:30 pm	Dinner

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 Ngöndro
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

Shitro Nagso Preparation Day

June 21

7:00 – 7:30 am	Daily Practice with Ngöndro and Tsok Khang Dechen
7:30 – 8:00 am	Breakfast
8:00 am – 12:00 pm	Shrine Preparations
12:00 – 12:30 pm	Lunch
1:00 – 5:00 pm	Shrine Preparations
3:30– 5:00 pm	Registration for Shitro Ngagso Retreat
5:00 – 5:30 pm	Dinner

Shitro Nagso (100 Peaceful and Wrathful Deities) with Ney Dren (Liberation of Dead Beings)

June 22 – 23

7:15 – 7:45 am	Breakfast
8:00 am – 12:00 pm	Ngöndro and Shitro Session
12:00 – 12:30 pm	Lunch (depends when session ends)
2:30 – 7:00 pm	Shitro Session *
7:00 – 7:30pm	Dinner (depends when session ends)

*** We will do a Ney Dren Ceremony for the Dead on June 23 during the afternoon session**

Drupchen Preparation Day

June 24

7:00 – 7:30 am	Breakfast
8:00 am – 11:00 am	Troma Empowerment, with Tulku Thadral Rinpoche
12:00 – 12:30 pm	Lunch
1:00 – 5:00 pm	Shrine Preparations
3:30– 5:00 pm	Registration for Drupchen Retreat
5:00 – 5:30 pm	Dinner

Collection of Seven Treasures Drupchen and Children's Retreat (June 25 – July 3)**

June 25

8:00 – 8:30 am	Breakfast
8:30– 9:00 am	Registration for Drupchen Retreat
9:00 am – 5:30 pm	Start of the retreat (mandatory) Meal breaks will be announced at the shrine

June 26 – July 2

6:15 – 9:00 am	Drupchen Session
9:00 – 9:30 am	Breakfast
10:00 am – 12:30 pm	Drupchen Session/Teaching
12:30 – 1:00 pm	Lunch
3:00 – 8:00 pm	Drupchen Tsok Session
8:00 – 8:30 pm	Dinner
9:00 – 11:30 pm	Drupchen Night Session #1
12:00 – 2:30 am	Drupchen Night Session #2
3:00 – 5:30 am	Drupchen Night Session #3

Note: attendance at night sessions is open to everybody but not mandatory, except to those assigned. There will be a sign-up sheet in the Shrine Room.

July 3

6:00 am – TBD	Drupchen Siddhi Session
Afternoon	Guru Rinpoche's Birthday, celebrating with the Dance of the Eight Manifestations of Guru Rinpoche and Sacred Dances

Breakfast and Lunch times will be announced at the Shrine.

** Children's Retreat Schedule will be provided separately