

**Kyabje Dungse Thinley Norbu Rinpoche's fourth Dechö
(Parinirvana Anniversary) Dorsem Lama Chöpa Practice**

December 29 – 31, 2016

Pema Osel Ling

Retreat Information

Schedule

Thursday, December 29 & Friday, Dec. 30

8:00 – 8:30 am	Breakfast
9:00 – 12:30 pm	Dorsem Practice Session
12:30 – 1:00 pm	Lunch
3:00 – 6:00 pm	Dorsem Practice Session with Tsok
6:00 – 6:30 pm	Dinner

Saturday, December 31

8:00 – 8:30 am	Breakfast
9:00 – 2:00 pm	Dorsem Practice Session with Tsok
2:00 – 2:30 pm	Lunch

Regarding Check-in and Check-out

Check-in

If arriving Wednesday, December 28, check in at the Roundhouse Office from 2-5 PM Please note – meals will not be served that day

If arriving Thursday or Friday, December 29 or 30, check in 30 minutes before each session at the Shrine

Check-out

Please have your belongings removed from housing by 10am on Saturday, December 31 so that accommodations can be prepared for the Trekchöd Retreat, starting the following day.

Text List

The text list may be found at this link:

http://www.vajrayana.org/media/files/files/2323f822/Vajrasattva_DTNR_De-Cho_2016_Text_List.pdf

Parking

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

On-site stay

Please bring your own towels and linens. We provide a pillow and a light comforter. Linens may be rented from us for \$15, please let us know ahead of time if you will require rentals.

What to bring

- Tsok offerings to share (You will also be able to contribute towards tsok and butterlamps onsite)
- 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)
- Sensible shoes – some terrain is uneven

Note --- we have some 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 and Computer Use

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. You can check email at the Bookstore and Dining Hall – password will be available on arrival.

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.

Thank you for your attention!

Dharma Programs (831) 761-6266 office@vajrayana.org