

**Summer Retreat Schedule**  
**Pema Osel Ling**  
**June 12 – July 11, 2019**

**Tröma Nagmo (June 12-June 20)**

**June 12 (Guru Rinpoche Day)**

9:00 – 9:30 am	<i>Breakfast</i>
9:00 – 10:00 am	Registration at the Shrine Room
10:00 am – 1:00 pm	<b>Troma Ngondro, Troma Ngondro Lung, Introductory Troma Teachings</b>
1:00 – 1:30 pm	<i>Lunch</i>
2:30 – 7:00 pm	<b>Intermediate Length Troma Sadhana (Sun of Wisdom) with Tsok</b>
7:00 – 7:30 pm	<i>Dinner</i>

**June 13-14**

6:30 – 8:00 am	<b>Troma Ngondro, Black Feast and Fire Puja</b>
8:00 am – 8:30 am	<i>Breakfast</i>
9:30 am – 11:30 pm	<b>White Feast; Troma Ngondro and Troma Ngondro Teachings</b>
11:30 am – 12:30 pm	<b>Ngondro Personal Accumulations (any Ngondro)</b>
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 5:30 pm	<b>Mixed Feast; Troma Ngondro Teachings and Concise Troma Sadhana (Tro-Chung)</b>
5:30 – 6:00 pm	<i>Dinner</i>
7:00 – 8:30 pm	<b>Concise Troma Sadhana (Conclusion) with Confession, Tsok and Red Feast</b>
8:30 pm – 9:30 pm	<b>Ngondro Personal Accumulations (any Ngondro)</b>

**June 15**

6:30 – 8:00 am	<b>Troma Ngondro, Black Feast and Fire Puja</b>
8:00 am – 8:30 am	<i>Breakfast</i>
9:30 am – 12:30 pm	<b>Troma Nagmo Empowerment Preparation (restricted)</b>
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 5:30 pm	<b>Troma Nagmo Empowerment</b>
5:30 – 6:00 pm	<i>Dinner</i>
7:30 pm – 9:30 pm	<b>Ngondro Personal Accumulations (any Ngondro)</b>

**June 16-19**

6:30 – 8:00 am	<b>Troma Ngondro, Black Feast and Fire Puja</b>
8:00 am – 8:30 am	<i>Breakfast</i>
9:30 am – 1:00 pm	<b>White Feast; Intermediate Length Sadhana and Troma Ngondro Teachings</b>

1:00 – 1:30 pm	<i>Lunch</i>
2:30 – 6:30 pm	<b>Mixed Feast; Intermediate Length Sadhana (Conclusion), Confession, Tsok and Red Feast</b>
6:30 – 7:00 pm	<i>Dinner</i>
7:30 pm – 9:30 pm	<b>Ngondro Personal Accumulations (any Ngondro)</b>

### **June 20**

6:30 – 7:30 am	<b>Troma Ngondro and Fire Puja</b>
7:30 am – 8:00 am	<i>Breakfast</i>
9:00 am – 1:00 pm	<b>Intermediate Length Troma Sadhana with Tsok</b>
1:00 – 1:30 pm	<i>Lunch</i>
5:30 – 6:00 pm	<i>Dinner</i>

### **Black Hayagriva (June 21-June 27)**

#### **June 21**

8:00 – 8:30 am	<b>Concise Ngondro with Tsok Khang Dechen</b>
8:30 – 9:00 am	<i>Breakfast</i>
12:30 – 1:00 pm	<i>Lunch</i>
2:30 pm – 4:30 pm	<b>Black Hayagriva Empowerment Preparation (restricted)</b>
4:30 – 5:00 pm	<i>Dinner</i>
5:30 – 8:30 pm	<b>Black Hayagriva Empowerment</b>

#### **June 22-26**

7:00 – 8:30 am	<b>Sa-Ter Ngöndro</b>
8:30 – 9:00 am	<i>Breakfast</i>
9:30 am – 12:30 pm	<b>Black Hayagriva Sadhana Practice and Teaching</b>
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 7:00 pm	<b>Black Hayagriva Sadhana with Tsok and Teaching</b>
7:00 – 7:30 pm	<i>Dinner</i>

#### **June 27 (Dakini Day)**

7:00 – 7:30 am	<b>Concise Ngöndro</b>
7:30 – 8:00 am	<i>Breakfast</i>
8:30 am – 1:30 pm	<b>Black Hayagriva Sadhana and Tsok</b>
1:30 – 2:00 pm	<i>Lunch</i>
5:30 – 6:00 pm	<i>Dinner</i>

## **Shitro Ngakso with Neydren (June 28-30)**

### **June 28-29**

7:00 – 7:30 am	<i>Breakfast</i>
8:00 – 12:30 pm	<b>Concise Ngondro and Shitro Session</b>
12:30 – 1:00 pm	<i>Lunch</i>
2:00 – 7:00 pm	<b>Shitro-Neydren Ceremony with Tsok</b>
7:00 – 7:30 pm	<i>Dinner</i>

### **June 30**

7:00 – 7:30 am	<i>Breakfast</i>
8:00 – 12:30 pm	<b>Concise Ngondro and Shitro Session with Neydren</b>
12:30 – 1:00 pm	<i>Lunch</i>
2:00 – 7:00 pm	<b>Shitro-Neydren Ceremony with Tsok</b>
7:00 – 7:30 pm	<i>Dinner</i>
7:30 pm on	Drupchen Preparations at Shrine Room

## **Drupchen Preparation (July 1-2)**

8:00 – 9:15 am	<b>Concise Ngondro with Daily Practice and Tsok</b>
9:15 – 9:45 am	<i>Breakfast</i>
10:00 am – 1:00 pm	Drupchen Preparations at Shrine Room
1:00 – 1:30 pm	<i>Lunch</i>
2:00 – 5:30 pm	Drupchen Preparations at Shrine Room
5:30 – 6:00 pm	<i>Dinner</i>
6:00 pm on	Drupchen Preparations at Shrine Room

## **Collection of Seven Treasures Drupchen (July 3-12) and Children's Retreat\***

### **July 3**

7:30 – 8:00 am	<i>Breakfast</i>
9:00 am – 12:00 pm	<b>Collection of Seven Treasures Drupchen First Day Session</b>
12:00 – 12:30 pm	<i>Lunch (time approximate)</i>
2:00 – 6:00 pm	<b>Collection of Seven Treasures Drupchen First Day Session</b>
6:00 – 6:30 pm	<i>Dinner (time approximate)</i>

### **July 4-10**

6:00 am – 9:00 am	<b>Collection of Seven Treasures Drupchen First Session</b>
9:00 – 9:30 am	<i>Breakfast</i>
10:00 am – 12:30 pm	<b>Collection of Seven Treasures Drupchen Second Session and Teachings</b>
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 8:30 pm	<b>Collection of Seven Treasures Drupchen Third Session</b>
8:30 – 9:00 pm	<i>Dinner (time approximate)</i>
9:00 pm – 12:00 am	Night Session
12:00 – 3:00 am	Night Session
3:00 – 6:00 am	Night Session

### **July 11 (Dance Day)**

6:00 – 8:00 am	<b>7 Treasures Guru Rinpoche Practice</b>
8:00 – 8:30 am	<i>Breakfast</i>
9:00 am – 12:30 pm	<b>7 Treasures Guru Rinpoche Practice and Tsok</b>
12:30 – 1:00 pm	<i>Lunch (time approximate)</i>
Afternoon	<b>Dance of Eight Manifestations of Guru Rinpoche and Other Sacred Dances</b>

NOTE: Schedule times are approximate.

\*Children's Retreat Schedule (July 4-10) will be provided separately. On July 3 and July 11, children attend the regular Drupchen activities with their parents.