

Vajrayana Foundation 2018 Ngondro 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

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 with Shower of Blessings Tsok
5:30 – 6:00 pm	Dinner

Sunday March 25

8:00 – 8:30 am	Ngondro with Tsok Kang 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>
3:00 – 5:00 pm	Teachings on "The Cascading Waterfall of Nectar" with Sam Bercholz
5:00 - 5:30 pm	Dinner
7:00 - 9:00 pm	Medicine Buddha (Orgyen Menla) with Tsok Kang Dechen

Monday – Saturday March 26 - 31

7:45 – 8:30 am	Ngondro with Tsok Kang 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 – 5:00 pm	Teachings* with Amy Green and Lama Sonam Rinpoche
5:00 – 5:30 pm	Dinner
7:00 – 9:00 PM	Tsok Puja (See list of schedule below)

***Daily Puja Schedule March 26-31**

Monday	3/26	Guru Rinpoche Day Shower of Blessing
Tuesday	3/27	Concise Troma
Wednesday	3/28	Shower of Blessing
Thursday	3/29	Concise Vajrakilaya
Friday	3/30	Concise Lake Born Vajra
Saturday	3/31	Full Moon Buddha Puja
Sunday	4/1	Shower of Blessing

Sunday April 1

7:45 – 8:30 am	Ngondro and Tsok Kang 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**

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	Ngondro Conclusion/How to practice at home