

## SUMMER RETREAT SCHEDULE

JUNE 16 – JULY 7, 2014

### **THRÖMA NAGMO RETREAT (JUNE 16-25)**

#### **June 16**

8:30– 9:00 am	Breakfast
<b>10:00 – 12:30 pm</b>	<b>Retreat prep at Shrine</b>
12:30 – 1:00 pm	Lunch
<b>2:00 – 5:00 pm</b>	<b>Retreat prep at Shrine</b>
5:00 – 5:30 pm	Dinner
<b>6:30–9:30 pm</b>	<b>Thröma Nagmo opening tsok (Medium length)</b>

#### **June 17-24**

<b>6:30 – 8:30 am</b>	<b>Thröma Ngondro with Thröma Medium length practice session</b> <b>Black Feast</b>
8:30 – 9:00 am	Breakfast
<b>10:00 – 12:30 pm</b>	<b>Thröma Concise practice session</b> <b>White Feast /Teaching (11:30-12:30)</b>
12:30 – 1:00 pm	Lunch
<b>3:00 – 5:00 pm</b>	<b>Mixed Feast</b> <b>Thröma Medium length practice session (with dharmapalas)</b>
5:00 – 5:30 pm	Dinner
<b>6:30 – 9:30 pm</b>	<b>Thröma Medium-length tsok session/ Red Feast</b>

#### **June 25**

7:30 – 8:00 am	Breakfast
<b>9:00 – 1:00 pm</b>	<b>Thröma tsok (Medium-length) with siddhis</b>
1:00 – 1:30 pm	Lunch
<b>2:00 – 5:00 pm</b>	<b>Retreat clean up at shrine</b>
5:00 – 5:30 pm	Dinner

### **SHITRO NGAGSO (JUNE 26-27)**

7:30 – 8:00 am	Breakfast
<b>8:45 – 12:00 pm</b>	<b>Ngondro and Shitro Session</b>
12:00 – 12:30 pm	Lunch (depends when session ends)
<b>2:30 – 7:00 pm</b>	<b>Shitro Session</b>
7:00 – 7:30pm	Dinner (depends when session ends)

## COLLECTION OF SEVEN TREASURES DRUPCHEN (JUNE 29 – JULY 7)

### June 29

7:30 – 8:00 am Breakfast  
9:00 – 5:30 pm **Start of the retreat (mandatory)**

### June 30- July 6

6:15 – 9:00 am **Drupchen Session**  
9:00 – 9:30 am Breakfast  
10:30 – 1:00 pm **Drupchen Session/Teaching**  
1:00 – 1:30 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 assigned people – there will be a sign-up sheet.*

### July 7 \*

6:00 – 8:30 am **Drupchen siddhi session**  
8:30 – 9:00 am Breakfast  
9:30 – 12:30 pm **Drupchen siddhi session continued**  
12:30 – 1:00 pm Lunch  
2:00 – 7:00 pm **Sacred Lama Dances**  
7:00 – 7:30 pm \* Dinner

\* Apart from the start time, all other times are approximate