

## 2016 Ngondro Intensive:

Teachings from *A Cascading Waterfall of Nectar* with Sam Bercholz  
Ngondro Practice Retreat with Lama Sonam Rinpoche and Amy Green

Pema Osel Ling  
March 19-27, 2016

### Retreat Schedule

#### Saturday March 19 – Sunday March 20

|                         |   |
|-------------------------|---|
| 9:00 – 9:30 am          | Breakfast   |
| <b>10:30 – 12:00 pm</b> | <b>Teachings with Sam Bercholz</b>                            |
| 12:00 – 12:30 pm        | Lunch   |
| <b>2:30 – 5:30 pm</b>   | <b>Teachings with Sam Bercholz / Shower of Blessings tsok</b> |
| 5:30 – 6:00 pm          | Dinner  |

#### Monday – Saturday March 21- 26

|                         |  |
|-------------------------|--|
| <b>7:30 – 8:30 am</b>   | <b>Short Group Practice: Ngondro/Tsokhang Dechen</b> |
| 8:30 – 9:00 am          | Breakfast  |
| <b>10:00 – 12:30 pm</b> | <b>Teachings with Amy and Lama Sonam</b>             |
| 12:30 – 1:00 pm         | Lunch  |
| <b>2:00 – 3:00 pm</b>   | <b>Personal accumulation session in the Shrine</b>   |
| <b>3:30 – 5:30 pm</b>   | <b>Teachings with Amy and Lama Sonam</b>             |
| 5:30 – 6:00 pm          | Dinner   |
| <b>7:00 – 8:30 pm</b>   | <b>Tsok Puja</b>                                     |

#### Sunday March 27

|                        |  |
|------------------------|--|
| <b>7:00 – 8:30 am</b>  | <b>Short Group Practice: Ngondro/Tsokhang Dechen</b>       |
| 8:30 – 9:00 am         | Breakfast  |
| <b>10:00 – 1:00 pm</b> | <b>Teachings with Lama Sonam/ Shower of Blessings tsok</b> |
| 1:00 – 1:30 pm         | Lunch  |

#### Daily Teaching and Practice Schedule March 21-27 [ All practice and teachings will take place in the Shrine]

|           |    |                                |                                |
|-----------|----|--------------------------------|--------------------------------|
| Monday    | 21 | <b>The Four Thoughts</b>       | <b>Concise Vajrasattva</b>     |
| Tuesday   | 22 | <b>Refuge</b>                  | <b>Concise Throma</b>          |
| Wednesday | 23 | <b>Bodhicitta</b>              | <b>Shower of Blessings</b>     |
| Thursday  | 24 | <b>Mandala offering</b>        | <b>Concise Vajrakilaya</b>     |
| Friday    | 25 | <b>Vajrasattva</b>             | <b>Concise Lake Born Vajra</b> |
| Saturday  | 26 | <b>Guru Yoga and Q&amp;A</b>   | <b>Concise Khandro Tuk-tik</b> |
| Sunday    | 27 | <b>How to practice at home</b> | <b>Shower of Blessings</b>     |