

Vajra Armor Healing Retreat
With Lama Sonam Tsering Rinpoche
Pema Osel Ling Retreat Center | Vajrayana Foundation

December 2 - 8, 2019

Monday, December 2

8:00 – 9:30 am	Concise Vajrasattva Daily Puja and Tsok Offering
9:30 – 10:00 am	Breakfast (first meal of retreat)
1:00 – 1:30 pm	Lunch
2:00 – 5:00 pm	Teachings and Oral Transmission Blessing for Vajra Armor Mantra and Practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Meditation Practice

Tuesday, December 3

8:00 – 9:30 am	Concise Daily Puja and Tsok Offering
9:30 – 10:00 am	Breakfast
10:30 – 1:00 pm	Teachings
1:00 – 1:30 pm	Lunch
2:30 – 5:00 pm	Personal Meditation Practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Meditation Practice

Wednesday, December 4 through Friday, December 6

8:00 – 9:30 am	Concise Daily Puja and Tsok Offering
9:30 – 10:00 am	Breakfast
10:30 – 1:00 pm	Personal Meditation Practice
1:00 – 1:30 pm	Lunch
2:30 – 5:00 pm	Personal Meditation Practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Meditation Practice

Saturday, December 7

8:00 – 9:30 am	Concise Daily Puja and Tsok Offering
9:30 – 10:00 am	Breakfast
10:30 – 1:00 pm	Teachings
1:00 – 1:30 pm	Lunch
2:30 – 5:00 pm	Personal Meditation Practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Meditation Practice

Sunday, December 8

8:30 – 9:00 am	Breakfast
9:30 – 12:30 pm	Teachings with Q&A, followed by Puja and Tsok
12:30 – 1:00 pm	Lunch (last meal of retreat)