

**Thanksgiving Retreat: Longchenpa's Aspiration Prayer**  
**Teachings with Lama Sonam Tsering Rinpoche**  
**Pema Osel Ling**  
**November 28 – 30, 2014**

**[Thanksgiving Day: Thursday November 27]**

<b>1:30 – 3:00 pm</b>	<b>Ngondro and Amitabha tsok</b>
<i>5:30 – onwards</i>	<i>Thanksgiving Dinner</i>

**Thanksgiving Retreat Schedule**

**Friday and Saturday November 28 – 29**

<b>7:45 – 8:30 am</b>	<b>Ngondro and concise daily practice</b>
<i>8:30 – 9:00 am</i>	<i>Breakfast</i>
<b>10:00 – 12:30 pm</b>	<b>Teachings with Lama Sonam Rinpoche</b>
<i>12:30 – 1:00 pm</i>	<i>Lunch</i>
<b>3:00 – 5:30 pm</b>	<b>Teachings, continued</b>
<i>5:30 – 6:00 pm</i>	<i>Dinner</i>
<b>7:00 – 9:00 pm</b>	<b>Concise Khandro Thukthik with Dharmapalas puja</b>

**Sunday November 30**

<b>7:00 – 8:30 am</b>	<b>Concise Khandro Thukthik with Dharmapalas puja</b>
<i>8:30 – 9:00 am</i>	<i>Breakfast</i>
<b>10:00 – 12:30 pm</b>	<b>Teachings with Lama Sonam Rinpoche</b>
<i>12:30 – 1:00 pm</i>	<i>Lunch</i>
<b>2:30 – 5:00 pm</b>	<b>Teachings, continued &amp; concise tsok offering</b>
<i>5:00 – 5:30 pm</i>	<i>Dinner</i>