

Black Hayagriva Teachings and Practice
Thanksgiving Retreat with Lama Sonam Tsering Rinpoche
Pema Osel Ling
November 27 – 29, 2015

[Thanksgiving Day: Thursday November 26]

1:30 – 3:00 pm	Amitabha tsok
5:30 – onwards	Thanksgiving Dinner

Thanksgiving Retreat Schedule

Friday and Saturday November 27 – 28

7:45 – 8:30 am	Ngondro and concise daily practice
8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	Teachings with Lama Sonam Rinpoche
12:30 – 1:00 pm	Lunch
3:00 – 5:30 pm	Teachings with Lama Sonam Rinpoche
5:30 – 6:00 pm	Dinner
7:00 – 9:00 pm	Black Hayagriva** practice with Dharmapalas and tsok

Sunday November 29 *

7:00 – 8:30 am	Black Hayagriva** practice with Dharmapalas and tsok
8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	Teachings with Lama Sonam Rinpoche
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Teachings, continued & concise tsok offering
5:00 – 5:30 pm	Dinner

* The Lung for the Black Hayagriva practice will be given on Sunday

** A Daily Practice Root Accomplishment for the Quintessential Black Hayagriva Entitled Annihilating Misguided Ones (published by Light of Berotsana)