

Troma Nagmo Retreat Schedule
Pema Osel Ling
June 12 – 20, 2019

June 12 (Guru Rinpoche Day)

9:00 – 9:30 am	<i>Breakfast</i>
9:00 – 10:00 am	Registration at the Shrine Room
10:00 am – 1:00 pm	Troma Ngondro, Troma Ngondro Lung, Introductory Troma Teachings
1:00 – 1:30 pm	<i>Lunch</i>
2:30 – 7:00 pm	Intermediate Length Troma Sadhana (Sun of Wisdom) with Tsok
7:00 – 7:30 pm	<i>Dinner</i>

June 13-14

6:30 – 8:00 am	Troma Ngondro, Black Feast and Fire Puja
8:00 am – 8:30 am	<i>Breakfast</i>
9:30 am – 11:30 pm	White Feast; Troma Ngondro and Troma Ngondro Teachings
11:30 am – 12:30 pm	Ngondro Personal Accumulations (any Ngondro)
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 5:30 pm	Mixed Feast; Troma Ngondro Teachings and Concise Troma Sadhana (Tro-Chung)
5:30 – 6:00 pm	<i>Dinner</i>
7:00 – 8:30 pm	Concise Troma Sadhana (Conclusion) with Confession, Tsok and Red Feast
8:30 pm – 9:30 pm	Ngondro Personal Accumulations (any Ngondro)

June 15

6:30 – 8:00 am	Troma Ngondro, Black Feast and Fire Puja
8:00 am – 8:30 am	<i>Breakfast</i>
9:30 am – 12:30 pm	Troma Nagmo Empowerment Preparation (restricted)
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 5:30 pm	Troma Nagmo Empowerment
5:30 – 6:00 pm	<i>Dinner</i>
7:30 pm – 9:30 pm	Ngondro Personal Accumulations (any Ngondro)

June 16-19

6:30 – 8:00 am

Troma Ngondro, Black Feast and Fire Puja

8:00 am – 8:30 am

Breakfast

9:30 am – 1:00 pm

White Feast; Intermediate Length Sadhana and Troma Ngondro

Teachings

1:00 – 1:30 pm

Lunch

2:30 – 6:30 pm

Mixed Feast; Intermediate Length Sadhana (Conclusion),

Confession, Tsok and Red Feast

6:30 – 7:00 pm

Dinner

7:30 pm – 9:30 pm

Ngondro Personal Accumulations (any Ngondro)

June 20

6:30 – 7:30 am

Troma Ngondro and Fire Puja

7:30 am – 8:00 am

Breakfast

9:00 am – 1:00 pm

Intermediate Length Troma Sadhana with Tsok

1:00 – 1:30 pm

Lunch

5:30 – 6:00 pm

Dinner