

Annual Ngondro Retreat Schedule
Vajrayana Foundation | Pema Osel Ling | Livestream

April 9 – April 17, 2022

Apr 9 & 10: Understanding the Student Teacher Relationship, teachings on *A Cascading Waterfall of Nectar*, with Sam Bercholz

April 9, Saturday: (Medicine Buddha Day)

8:00 am – 9:30 am Ngondro & Shower of Blessings Puja for Medicine Buddha Day

9:30 am – 10:30 am Breakfast Break

10:30 am – 12:30 pm Teachings with Sam Bercholz

12:30 pm – 2:30 pm Lunch Break

2:30 pm – 4:30 pm Teachings with Sam Bercholz

4:30 pm – 6:00 pm Dinner Break

6:00 pm – 8:00 pm Ngondro Accumulation with Drubpon Pema Rigdzin, Choying Wangmo, or Stefan Graves

April 10, Sunday:

8:00 am – 9:30 am Ngondro & Dorje Drolo Puja

9:30 am – 10:30 am Breakfast Break

10:30 am – 12:30 pm Teachings with Sam Bercholz

12:30 pm – 2:30 pm Lunch Break

2:30 pm – 4:30 pm Teachings with Sam Bercholz

4:30 pm – 6:00 pm Dinner Break

6:00 pm – 8:00 pm Ngondro Accumulation with Drubpon Pema Rigdzin

Apr 11 – 17: Teachings on the Ngondro Practice with Lama Sonam Tsering Rinpoche & Amy Green

April 11, Monday: (Guru Rinpoche Day)

8:00 am – 9:30 am Ngondro & Shower of Blessings Puja for Guru Rinpoche Day

9:30 am – 10:30 am Breakfast Break

10:30 am – 12:30 pm Ngondro *Lung*, Refuge Ceremony & Teachings with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Lunch Break

2:30 pm – 4:30 pm Teachings with Amy Green

4:30 pm – 6:00 pm Dinner Break

6:00 pm – 8:00 pm Ngondro Accumulation with Stefan Graves

April 12, Tuesday:

8:00 am – 9:30 am Ngondro & Troma Nagmo Puja

9:30 am – 10:30 am Breakfast Break

10:30 am – 12:30 pm Teachings with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Lunch Break

2:30 pm – 4:30 pm Teachings with Amy Green

4:30 pm – 6:00 pm Dinner Break

6:00 pm – 8:00 pm Ngondro Accumulation with Stefan Graves

April 13, Wednesday:

8:00 am – 9:30 am Ngondro & Shower of Blessings Puja

9:30 am – 10:30 am Breakfast Break

10:30 am – 12:30 pm Teachings with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Lunch Break

2:30 pm – 4:30 pm Teachings with Amy Green

4:30 pm – 6:00 pm Dinner Break

6:00 pm – 8:00 pm Ngondro Accumulation with Drubpon Pema Rigdzin

April 14, Thursday:

8:00 am – 9:30 am Ngondro & Vajrakilaya Puja

9:30 am – 10:30 am Breakfast Break

10:30 am – 12:30 pm Teachings with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Lunch Break

2:30 pm – 4:30 pm Teachings with Amy Green

4:30 pm – 6:00 pm Dinner Break

6:00 pm – 8:00 pm Ngondro Accumulation with Choying Wangmo or Stefan Graves

April 15, Friday:

8:00 am – 9:30 am Ngondro & Tsokye T'huk T'hik Puja

9:30 am – 10:30 am Breakfast Break

10:30 am – 12:00 pm Question & Answer with Lama Sonam Tsering Rinpoche

12:00 pm – 2:30 pm Lunch Break

2:30 pm – 4:30 pm Ngondro Accumulation with Choying Wangmo

4:30 pm – 6:00 pm Dinner Break

6:00 pm – 8:00 pm Ngondro Accumulation with Pema Rigdzin

April 16, Saturday: (Full Moon)

8:00 am – 9:30 am Ngondro & Shower of Blessings Puja for Full Moon Day

9:30 am – 10:30 am Breakfast Break

10:30 am – 12:00 pm Question & Answer with Lama Sonam Tsering Rinpoche

12:00 pm – 2:30 pm Lunch Break

2:30 pm – 4:30 pm “Collection of Seven Treasures” Guru Rinpoche Empowerment (will be streamed for blessings, but must be received in person)

4:30 pm – 6:00 pm Dinner Break

6:00 pm – 8:00 pm Ngondro Accumulation with Drubpon Pema Rigdzin

April 17, Sunday:

8:00 am – 9:30 am Ngondro Accumulation with Choying Wangmo

9:30 am – 10:30 am Breakfast Break

10:30 am – 12:00 pm Ngondro Teachings & Lung with Lama Sonam Tsering Rinpoche

12:00 pm – 1:00 pm Shower of Blessings & Tsog

1:00 pm – 1:30 pm Lunch

(Please Note: All Times Are Approximate & Subject To Change)