

Trekchod Rushen Teachings and Practice with Lama Sonam Tsering Rinpoche
January 1 - 21, 2023

January 1, 2023 (Open to the Public)

<i>9:00 am - 9:30 am</i>	<i>Breakfast</i>
10:00 am - 12:30 pm	Introduction to Trekchod and Rushen
<i>12:30 pm - 1:00 pm</i>	<i>Lunch</i>
2:30 pm - 5:30 pm	Dorje Drolu Puja and Tsok
<i>5:30 pm - 6:00 pm</i>	<i>Dinner</i>

January 2 - 20, 2023

7:30 am - 8:00 am	Ngondro and Tsok Khang Dechen
<i>8:00 am - 8:30 am</i>	<i>Breakfast</i>
9:00 am - 12:00 pm	Teaching and Practice Session
<i>12:00 pm - 12:30 pm</i>	<i>Lunch</i>
2:30 pm - 5:00 pm	Teaching and Practice Session
5:00 pm - 6 :00 pm	Concise Vajrakilaya with Tsok and Daily Dharma Protectors*
<i>6:00 pm - 6:30 pm</i>	<i>Dinner</i>
7:00 pm - 9:00 pm	Personal practice

January 21, 2023

<i>8:00 am - 8:30 am</i>	<i>Breakfast</i>
9:00 am - 9:30 am	Concise Ngondro
9:30 am - 1:00 pm	Concluding Teaching and Practice Session, followed by Buddha Puja with Tsok
<i>1:00 pm - 1:30 pm</i>	<i>Lunch</i>

*Puja subject to change on these dates:

- January 6 – Full Moon
- January 9 – Kyabje Dudjom Rinpoche's Dechö
- January 12 – Kyabje Chatral Rinpoche's Dechö
- January 17 – Dakini Day