

**Troma Nagmo Ngondro and Four Feasts Retreat Schedule**  
**June 4 – 13, 2023**

**Sunday, June 4: Saga Dawa Duchen**

8:00 – 8:30 am	<i>Breakfast</i>
9:00 – 11:00 am	<b>Buddha Puja, Riwo Sangchod and Tsok</b>
11:00 am – 2:30 pm	<b>Empowerment Preparation (Shrine Closed)</b>
1:00 – 1:30 pm	<i>Lunch</i>
2:30 – 6:30 pm	<b>Troma Nagmo Empowerment (<i>Wang</i>)</b>
6:30 – 7:00 pm	<i>Dinner</i>

**Monday, June 5: Troma Ngondro, Four Feasts, Concise Sadhana and *Lungs***

7:00 – 8:30 am	<b>Black Feast and Smoke Offering Prayers</b>
8:30 – 9:00 am	<i>Breakfast</i>
9:30 am – 12:00 pm	<b>White Feast, Troma Ngondro and Mixed Feast</b>
12:00 – 12:30 pm	<i>Lunch</i>
2:00 – 3:30 pm	<b>Troma Nagmo Sadhanas, Ngondro and Four Feasts <i>Lungs</i></b>
3:30 – 6:30 pm	<b>Troma Concise Sadhana with Tsok and Red Feast</b>
6:30 – 7:00 pm	<i>Dinner</i>

**Tuesday, June 6 to Thursday, June 8: Troma Ngondro, Concise Sadhana and Four Feasts**

7:00 – 8:30 am	<b>Black Feast and Smoke Offering Prayers</b>
8:30 – 9:00 am	<i>Breakfast</i>
9:30 am – 12:00 pm	<b>White Feast, Troma Ngondro and Mixed Feast</b>
12:00 – 12:30 pm	<i>Lunch</i>
2:00 – 3:30 pm	<b>Troma Nagmo Teachings</b>
3:30 – 6:30 pm	<b>Troma Concise Sadhana with Tsok and Red Feast</b>
6:30 – 7:00 pm	<i>Dinner</i>

**Friday, June 9 to Monday, June 12: Troma Ngondro, Intermediate Sadhana and Four Feasts**

6:30 – 8:00 am	<b>Troma's Laughter, Black Feast, Troma Ngondro, White Feast</b>
8:00 – 8:30 am	<i>Breakfast</i>
9:30 am – 12:00 pm	<b>Troma Intermediate Length Sadhana with Four Empowerments</b>
12:00 – 12:30 pm	<i>Lunch</i>
2:00 – 3:30 pm	<b>Dharma Protectors, Mixed Feast</b>
3:45 – 6:30 pm	<b>Troma Intermediate Length Sadhana, Tsok and Red Feast</b>
6:30 – 7:00 pm	<i>Dinner</i>

**Tuesday, June 13: Troma Nagmo Intermediate Sadhana and Tsok**

8:00 – 8:30 am	<i>Breakfast</i>
<b>9:00 am – 1:00 pm</b>	<b>Troma Intermediate Length Sadhana and Tsok</b>
1:00 – 1:30 pm	<i>Lunch</i>
2:30 - 4:30 pm	Mandala transformation and additional Dharma activities in the Shrine
6:00 – 6:30 pm	<i>Dinner</i>

**Wednesday, June 14 Shitro Ngakso Retreat Preparation in the Shrine**

<b>7:00 – 8:30 am</b>	<b>Dudjom Tersar Ngondro and Shower of Blessings Daily Puja</b>
8:30 – 9:00 am	<i>Breakfast</i>
12:30 – 1:00 pm	<i>Lunch</i>
5:30 - 6:00 pm	<i>Dinner</i>