

## Thanksgiving Retreat with Tulku Thadral Rinpoche

### Chenrezig Retreat

November 23 - 26, 2023

Vajrayana Foundation | Pema Osel Ling

In Person and By Streaming

#### Thanksgiving Day: Thursday, November 23

**1:00 pm – 5:00 pm - Ngöndro and Amitabha Zhing-Drub Pure Land Tsok Offering Puja**

5:30 pm – onwards - Thanksgiving Dinner

#### Friday and Saturday, November 24 - 25

**7:30 am – 9:00 am - Daily Puja with Protectors and Tsok**

9:00 am – 9:30 am - Breakfast

**10:00 am – 12:30 pm - Empowerment, Lung, Teachings and Practice with Tulku Thadral Rinpoche**

12:30 pm – 1:00 pm - Lunch

**2:30 pm – 5:00 pm - Teachings and Practice with Tulku Thadral Rinpoche**

5:00 pm – 5:30 pm - Dinner

#### Sunday, November 26

**7:30 am – 9:00 am - Daily Puja with Protectors**

9:00 am – 9:30 am - Breakfast

**10:00 am – 12:30 pm - Concluding Teachings and Practice with Tulku Thadral Rinpoche**

**12:30 pm – 1:00 pm - Tsok Khang Dechen with Tsok**

1:00 pm – 1:30 pm - Lunch

5:00 pm – 5:30 pm - Dinner (for those who are staying for Vajra Armor Retreat)