

## Annual Ngondro Retreat Schedule

March 30 - April 7, 2024

**March 30 and 31: "The View that Leads to Liberation": Teachings on *A Cascading Waterfall of Nectar*, with Sam Bercholz**

### March 30, Saturday:

7:30 am – 9:00 am	Ngondro and Concise Khandro Tuktik Puja and Tsok
9:00 am – 9:30 am	Breakfast
10:00 am – 12:00 pm	Teachings with Sam Bercholz
12:00 pm – 12:30 pm	Lunch
2:30 pm – 4:30 pm	Teachings with Sam Bercholz
4:45 pm – 6:00 pm	Ngondro Accumulations with Choying Wangmo or Stefan Graves
6:00 - 6:30 pm	Dinner

### March 31, Sunday:

7:30 am – 9:00 am	Ngondro and Concise Dorje Drolo Puja
9:00 am – 9:30 am	Breakfast
10:00 am – 12:00 pm	Teachings with Sam Bercholz
12:00 pm – 12:30 pm	Lunch
2:30 pm – 4:30 pm	Teachings with Sam Bercholz
4:30 – 5:00 pm	Tsok Khang Dechen with Tsok Offering
5:00 - 5:30 pm	Dinner

**April 1 – 7: Teachings on the Ngondro Practice with Tulku Thadral Rinpoche, Lama Sonam Tsering Rinpoche, Amy Green and Freddie Trancosco; practice sessions with Choying Wangmo and Stefan Graves**

### April 1, Monday–The Four Thoughts That Turn the Mind Toward Dharma:

7:30 am – 9:00 am	Ngondro and Concise Vajrasattva Puja and Tsok
9:00 am – 9:30 am	Breakfast
10:00 am – 12:00 pm	Teachings with Amy Green
12:00 pm – 12:30 pm	Lunch
2:00 pm – 3:30 pm	Question and Answer with Lama Sonam Rinpoche
3:30 pm – 3:45 pm	Break
3:45 pm – 5:00 pm	Ngondro Accumulations with Choying Wangmo
5:00 - 5:30 pm	Dinner
6:00 pm – 8:00 pm	Ngondro Accumulations with Stefan Graves

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### April 2, Tuesday–Refuge:

7:30 am – 9:00 am	Ngondro and Concise Troma White Feast Puja and Tsok
9:00 am – 9:30 am	<i>Breakfast</i>
10:00 am – 12:00 pm	Teachings with Amy Green
12:00 pm – 12:30 pm	<i>Lunch</i>
2:00 pm – 3:30 pm	Question and Answer with Tulku Thadral Rinpoche
3:30 pm – 3:45 pm	<i>Break</i>
3:45 pm – 5:00 pm	Ngondro Accumulation with Choying Wangmo
5:00 - 5:30 pm	<i>Dinner</i>
6:00 pm – 8:00 pm	Ngondro Accumulation with Stefan Graves

### April 3, Wednesday–Bodhicitta:

7:30 am – 9:00 am	Ngondro and Shower of Blessings Puja and Tsok
9:00 am – 9:30 am	<i>Breakfast</i>
10:00 am – 12:00 pm	Teachings with Amy Green
12:00 pm – 12:30 pm	<i>Lunch</i>
2:00 pm – 3:30 pm	Question and Answer with Lama Sonam Rinpoche
3:30 pm – 3:45 pm	<i>Break</i>
3:45 pm – 5:00 pm	Ngondro Accumulation with Choying Wangmo
5:00 - 5:30 pm	<i>Dinner</i>
6:00 pm – 8:00 pm	Ngondro Accumulation with Stefan Graves

### April 4 , Thursday (Dakini Day)--Mandala Offering:

7:30 am – 9:00 am	Ngondro and Khandro Tuktik Concise Puja and Tsok
9:00 am – 9:30 am	<i>Breakfast</i>
10:00 am – 12:00 pm	Dudjom Tersar Ngondro and Troma Nagmo Ngondro <i>Lungs</i> , Refuge Ceremony and Bodhisattva Vows with Tulku Thadral Rinpoche
12:00 pm – 12:30 pm	<i>Lunch</i>
2:00 pm – 3:30 pm	Teachings with Freddie Trancosco
3:30 pm – 3:45 pm	<i>Break</i>
3:45 pm – 5:00 pm	Ngondro Accumulation with Choying Wangmo
5:00 - 5:30 pm	<i>Dinner</i>
6:00 pm – 8:00 pm	Dudjom Lingpa's Vajrayogini Empowerment with Tulku Thadral Rinpoche

### April 5, Friday–Vajrasattva:

7:30 am – 9:00 am	Ngondro and Tsokye Tuktik Concise Puja and Tsok
9:00 am – 9:30 am	<i>Breakfast</i>
10:00 am – 12:00 pm	Teachings with Amy Green
12:00 pm – 12:30 pm	<i>Lunch</i>
2:00 pm – 3:30 pm	Question and Answer with Lama Sonam Rinpoche
3:30 pm – 3:45 pm	<i>Break</i>

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**3:45 pm – 5:00 pm** Ngondro Accumulation with Choying Wangmo  
*5:00 - 5:30 pm* Dinner  
**6:00 pm – 8:00 pm** Ngondro Accumulation with Stefan Graves

**April 6, Saturday–Guru Yoga:**

**7:30 am – 9:00 am** Ngondro and Khandro Tuktik Concise Puja and Tsok  
*9:00 am – 9:30 am* Breakfast  
**10:00 am – 12:00 pm** Teachings with Freddie Trancosco  
*12:00 pm – 12:30 pm* Lunch  
**2:00 pm – 3:30 pm** Question and Answer with Tulku Thadral Rinpoche  
*3:30 pm – 3:45 pm* Break  
**3:45 pm – 5:00 pm** Ngondro Accumulation with Choying Wangmo  
*5:00 - 5:30 pm* Dinner  
**6:00 pm – 8:00 pm** Ngondro Accumulation with Stefan Graves

**April 7, Sunday–Phowa and Dedication of Merit:**

**8:00 am – 9:00 am** Ngondro  
*9:00 am – 9:30 am* Breakfast  
**10:00 am – 12:00 pm** Ngondro *Lungs* (Same as April 4) and Concluding Teachings with Tulku Thadral Rinpoche  
**12:00 pm – 1:00 pm** Shower of Blessings Puja and Tsok  
*1:00 pm – 1:30 pm* Lunch

**\*Daily Practice (unless otherwise noted):**

Monday - Concise Vajrasattva  
Tuesday - Concise Troma White Feast  
Wednesday - Shower of Blessings  
Thursday - Dakini Day - Yeshe Tsogyal ( Concise Khandro Tuktik)  
Friday - Lake Born Vajra (Tsokye Tuktik)  
Saturday - Yeshe Tsogyal (Khandro Tuktik)  
Sunday - Shower of Blessings