

Annual Ngondro Retreat

April 12 - 20, 2025

Schedule

April 11

5 - 5:30 p.m. *Dinner (first meal of retreat)*

April 12 - 13 “From Confusion to Wisdom: Integrating View and Practice”

Teachings on *A Cascading Waterfall of Nectar*, with Sam Bercholz

April 12, Saturday

7:30 – 9 a.m. Ngondro and Buddha Puja and Tsok
9 – 9:30 a.m. *Breakfast*
10 a.m. – Noon Teachings with Sam Bercholz
Noon – 12:30 p.m. Lunch
2:30 – 4:30 p.m. Teachings with Sam Bercholz
4:45 – 6 p.m. Ngondro Accumulations with Choying Wangmo or Stefan Graves
6 - 6:30 p.m. *Dinner*

April 13, Sunday

7:30 – 9 a.m. Ngondro and Concise Dorje Drolu Puja
9 – 9:30 a.m. *Breakfast*
10 a.m. – Noon Teachings with Sam Bercholz
Noon – 12:30 p.m. Lunch
2:30 – 4:30 p.m. Teachings with Sam Bercholz
4:30 – 5 p.m. Tsok Khang Dechen with Tsok Offering
5 - 5:30 p.m. *Dinner*
6:45 - 7:45 p.m. Make Saffron Rice for Mandala with Sonam

April 14 - 20: Teachings on the Ngondro Practice with Tulku Thadral Rinpoche, Lama Sonam Tsering Rinpoche, Amy Green and Drubpon Pema Rigdzin; practice sessions with Choying Wangmo and Stefan Graves

April 14, Monday –The Four Thoughts That Turn the Mind Toward Dharma

7:30 – 9 a.m. Ngondro and Concise Vajrasattva Puja and Tsok
9 – 9:30 a.m. *Breakfast*
10 a.m. – Noon Precious Human Rebirth and Impermanence Teachings with Amy Green
Noon – 12:30 p.m. Lunch
2 – 3:30 p.m. Karma and Cyclic Existence Teaching with Pema Rigdzin
3:30 – 3:45 p.m. *Break*
3:45 – 5 p.m. Ngondro Accumulations with Choying Wangmo
5 - 5:30 p.m. *Dinner*
6:30 – 8 p.m. Ngondro Accumulations with Stefan Graves

April 15, Tuesday – Refuge

7:30 – 9 a.m. Ngondro and Concise Troma White Feast Puja and Tsok
9 – 9:30 a.m. *Breakfast*
10 a.m. – Noon Refuge Teachings with Tulku Thadral Rinpoche with Concise and Sater Dudjom Tersar Ngondro *Lungs*
Noon – 12:30 p.m. Lunch
2 – 3:30 p.m. Question and Answer with Lama Sonam Rinpoche
3:30 – 3:45 p.m. *Break*
3:45 – 5 p.m. Ngondro Accumulation with Choying Wangmo
5 - 5:30 p.m. *Dinner*
6:30 – 8 p.m. Ngondro Accumulation with Stefan Graves

April 16, Wednesday – Bodhicitta

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

April 17, Thursday – Mandala Offering

7:30– 9 a.m.	Ngondro and Vajrakilaya Concise Puja and Tsok
9 – 9:30 a.m.	<i>Breakfast</i>
10 a.m. – Noon	Mandala Offering Teachings with Pema Rigdzin
Noon– 12:30 p.m.	<i>Lunch</i>
2 – 3:30 p.m.	Questions and Answers with Lama Sonam Rinpoche
3:30 – 3:45 p.m.	<i>Break</i>
3:45 – 5 p.m.	Ngondro Accumulation with Choying Wangmo
5 - 5:30 p.m.	<i>Dinner</i>
6:30 – 8 p.m.	Ngondro Accumulation with Stefan Graves

April 18, Friday – Vajrasattva and Guru Yoga

7:30 – 9 a.m.	Ngondro and Tsokye Tuktik Concise Puja and Tsok
9 – 9:30 a.m.	<i>Breakfast</i>
10 a.m. – Noon	Vajrasattva Teachings with Amy Green
Noon – 12:30 p.m.	<i>Lunch</i>
2 – 3:30 p.m.	Guru Yoga (Part 1) Teachings with Tulku Thadral Rinpoche
3:30 – 3:45 p.m.	<i>Break</i>
3:45 – 5 p.m.	Ngondro Accumulation with Choying Wangmo
5 - 5:30 p.m.	<i>Dinner</i>
6:30 – 8 p.m.	Ngondro Accumulation with Stefan Graves

April 19, Saturday – Guru Yoga (Continued), Phowa and Dedication

7:30 – 9 a.m.	Ngondro and Khandro Tuktik Concise Puja and Tsok
9 – 9:30 a.m.	<i>Breakfast</i>
10 a.m. – Noon	Teachings with Tulku Thadral Rinpoche
Noon – 12:30 p.m.	<i>Lunch</i>
2 – 3:30 p.m.	Teachings with Tulku Thadral Rinpoche
3:30 – 3:45 p.m.	<i>Break</i>
3:45 – 5 p.m.	Question and Answer Lama Sonam Rinpoche
5 - 5:30 p.m.	<i>Dinner</i>
6:30 – 8 p.m.	Ngondro Accumulation with Stefan Graves

April 20, Sunday

7 – 7:30 a.m.	<i>Breakfast</i>
8 a.m. – Noon	Ngondro, <i>Lungs</i> (Same as April 15), Refuge Ceremony and Bodhisattva Vows with Tulku Thadral Rinpoche
12 – 12:30 pm	<i>Lunch</i>
1 – 3 p.m.	Empowerment Preparations (with individual interviews)
3 – 5 p.m.	Orgyen Menla Empowerment with Tulku Thadral Rinpoche
5 – 6 p.m.	Tsok Khang Dechen and Tsok
6 – 6:30 p.m.	<i>Dinner</i>