

Pema Osel Ling 2025 Troma Nagmo Summer Retreat
Empowerment – **June 8** | Troma Ngondro – **June 9-11** | Sadhana Practice – **June 12-20**

Schedule

Sunday, June 8: Troma Nagmo Empowerment and Oral Transmissions

7:00 am – 8:30 am	Buddha Puja and Tsok
8:30 am – 9:00 am	<i>Breakfast</i>
9:00 am – 12:30 pm	Empowerment Preparation (Shrine Closed)
12:00 pm – 12:30 pm	<i>Lunch</i>
2:00 pm – 6:00 pm	Troma Nagmo Empowerment (<i>Wang</i>) and Oral Transmissions (<i>Lungs</i>) with Tulku Thadral Rinpoche for Troma Ngondro, Concise and Intermediate Sadhanas, Four Feasts, and Troma Sang Offering Prayers
6:00 – 6:30 pm	<i>Dinner</i>

Monday, June 9 to Wednesday, June 11 - Troma Ngondro and Four Feasts Retreat

Monday, June 9: Troma Ngondro and Four Feasts

6:00 am – 8:00 am	Troma's Laughter, Black Feast, Troma Ngondro, Sang Offering
8:00 am – 8:30 am	<i>Breakfast</i>
9:00 am – 10:45 pm	Troma Ngondro with Accumulations
11:00 am – 12:30 pm	Troma Nagmo Teachings with Tulku Thadral Rinpoche
12:30 pm – 1:00 pm	<i>Lunch</i>
2:30 pm – 4:15 pm	Troma Ngondro with Accumulations
4:30 pm – 5:30 pm	Q & A with Lama Sonam Rinpoche
5:30 – 6:00 pm	<i>Dinner</i>
6:30 pm – 8:00 pm	Troma Ngondro, Tsok with Tsok Khang Dechen and Red Feast

Tuesday, June 10: Troma Ngondro and Four Feasts

6:00 am – 8:00 am	Troma's Laughter, White Feast, Troma Ngondro, Sang Offering
8:00 am – 8:30 am	<i>Breakfast</i>
9:00 am – 10:45 pm	Troma Ngondro with Accumulations
11:00 am – 12:30 pm	Troma Nagmo Teachings with Tulku Thadral Rinpoche
12:30 pm – 1:00 pm	<i>Lunch</i>
2:30 pm – 4:15 pm	Troma Ngondro with Accumulations
4:30 pm – 5:30 pm	Q & A with Lama Sonam Rinpoche
5:30 – 6:00 pm	<i>Dinner</i>
6:30 pm – 8:00 pm	Troma Ngondro, Tsok with Tsok Khang Dechen and Red Feast

Wednesday, June 11: Troma Ngondro and Four Feasts

6:00 am – 8:00 am	Troma's Laughter, Mixed Feast, Troma Ngondro and Sang Offering
8:00 am – 8:30 am	<i>Breakfast</i>
9:00 am – 10:45 am	Troma Ngondro with Accumulations
11:00 am – 12:30 pm	Troma Nagmo Teachings with Tulku Thadral Rinpoche
12:30 pm – 1:00 pm	<i>Lunch</i>
2:30 pm – 4:15 pm	Troma Ngondro with Accumulations
4:30 pm – 5:30 pm	Q & A with Lama Sonam Rinpoche
5:30 pm – 6:00 pm	<i>Dinner</i>
6:30 pm – 8:00 pm	Troma Ngondro, Tsok with Tsok Khang Dechen and Red Feast

Troma Nagmo Sadhana and Four Feasts Retreat**Thursday, June 12 to Tuesday, June 17: Troma Concise Sadhana and Four Feasts**

6:00 am – 8:00 am	Troma's Laughter, Black Feast, Troma Ngondro and Sang Offering
8:00 am – 8:30 am	<i>Breakfast</i>
9:00 am – 10:30 am	White Feast, Troma Concise Sadhana Practice Through Dharmapalas
10:45 am – 12:30 pm	Troma Nagmo Teachings with Tulku Thadral Rinpoche
12:30 pm – 1:00 pm	<i>Lunch</i>
2:30 pm – 3:15 pm	Troma Q & A with Lama Sonam Tsering Rinpoche
3:30 pm - 5:30 pm	Mixed Feast, Troma Concise Sadhana Continued, Tsok and Red Feast
5:30 pm – 6:00 pm	<i>Dinner</i>
6:30 pm – 8:00 pm	Personal Practice

Wednesday, June 18 to Thursday, June 19: Troma Intermediate Sadhana and Four Feasts

6:00 am – 8:00 am	Troma's Laughter, Black Feast, Troma Ngondro, White Feast and Sang Offering
8:00 am – 8:30 am	<i>Breakfast</i>
9:00 am – 10:30 am	Troma Intermediate Sadhana Practice Through Confession
10:45 am – 12:30 pm	Troma Nagmo Teachings
12:30 pm – 1:00 pm	<i>Lunch</i>
2:30 pm – 5:30 pm	Mixed Feast, Troma Intermediate Sadhana (Cont), Tsok and Red Feast
5:30 pm – 6:00 pm	<i>Dinner</i>
6:30 pm – 8:00 pm	Personal Practice

Friday, June 20: Troma Nagmo Intermediate Sadhana, Tsok and Siddhis

8:00 am – 8:30 am	<i>Breakfast</i>
9:00 am – 1:00 pm	Troma Intermediate Sadhana, Tsok and Siddhis
1:00 pm – 1:30 pm	<i>Lunch</i>
2:00 pm - 5:30 pm	Mandala Transformation and Shrine Activities - all welcome
5:30 pm – 6:00 pm	<i>Dinner</i>