

## **Trekchö - Rushen Retreat - “The Vajra Essence” (*Neluk Rangjung*)**

with Tulku Thadral Rinpoche

Dec. 28, 2025 - Jan. 6, 2026

### **Schedule**

**DAILY MEAL SCHEDULE:** *Breakfast, 9-9:30      Lunch, 12:30-1      Dinner, 5-5:30*

#### **Sunday, Dec. 28, 2025**

7:30 – 9 a.m.                      Dorje Drolo Concise Puja with Tsok  
10 a.m. – 12:30 p.m.          “The Vajra Essence” (*Neluk Rangjung*) Teachings  
2:30 – 5 p.m.                      Teachings and Practice

#### **Monday, Dec. 29, 2025**

7:30 – 9 a.m.                      Vajrasattva Concise Puja with Tsok  
10 a.m. – 12:30 p.m.          Teachings and Practice  
2:30 – 5 p.m.                      Teachings and Practice

#### **Tuesday, Dec. 30, 2025**

7:30 – 9 a.m.                      White Feast of Chöd Puja with Tsok  
10 a.m. – 12:30 p.m.          Teachings and Practice  
2:30 – 5 p.m.                      Teachings and Practice

#### **Wednesday, Dec. 31, 2025**

7:30 - 9 a.m.                      Shower of Blessings Puja with Tsok  
10 a.m. – 12:30 p.m.          Teachings and Practice  
2:30 – 5 p.m.                      Teachings and Practice

**Thursday, Jan. 1, 2026**

7:30 – 9 a.m. Vajrakilaya Concise Puja with Tsok  
10 a.m. – 12:30 p.m. Teachings and Practice  
2:30 – 5 p.m. Teachings and Practice

**Friday, Jan. 2, 2026**

7:30 – 9 a.m. Tsokye T'huk T'hik Concise Puja with Tsok  
10 a.m. – 12:30 p.m. Teachings and Practice  
2:30 – 5 p.m. Teachings and Practice

**Saturday, Jan. 3, 2026**

7:30 – 9 a.m. Khandro T'huk T'hik Concise Puja with Tsok  
10 a.m. – 12:30 p.m. Teachings and Practice  
2:30 – 5 p.m. Teachings and Practice

**Sunday, Jan. 4, 2026**

7:30 – 9 a.m. Dorje Drolo Concise Puja with Tsok  
10 a.m. – 12:30 p.m. Teachings and Practice  
2:30 – 5 p.m. Teachings and Practice

**Monday, Jan. 5, 2026**

7:30 – 9 a.m. Dorje Drolo Concise Puja with Tsok  
10 a.m. – 12:30 p.m. Teachings and Practice  
2:30 – 5 p.m. Teachings and Practice

**Tuesday, Jan. 6, 2026**

10 a.m. – 12:30 p.m. Kyabje Dudjom Rinpoche's Decho Puja  
2:30 p.m. – 5 p.m. Kyabje Dudjom Rinpoche's Decho Puja and Tsok