

SUMMER RETREAT 2017
Tröma Ngöndro and Tröma Trekchö Retreats with Sangye Khandro
June 11-15 and June 16-20, 2017

Tröma Ngöndro

June 11-14 (Days 1-4)

6:30 – 8:30 am	Wangdu Silnon, Black Feast, Tröma Ngöndro;
<i>8:30 – 9:00 am</i>	<i>Breakfast</i>
10:00 am – 12:00 pm	White Feast; Tröma Ngöndro; Tröma Ngöndro Teachings
<i>12:00 – 12:30 pm</i>	<i>Lunch</i>
2:30 – 4:30 pm	Mixed Feast; Tröma Ngöndro; Tröma Ngöndro Teachings
<i>5:00 – 5:30 pm</i>	<i>Dinner</i>
6:30 – 8:30 pm	Concise Tröma Tsok session; Red or Pure Vision Feast

June 15 (Day 5)

6:30 – 8:30 am	Wangdu Silnon, Tröma Ngöndro
<i>8:30 – 9:00 am</i>	<i>Breakfast</i>
10:00 am – 12:00 pm	Tröma Ngöndro; Tröma Ngöndro Teachings
<i>12:00 – 12:30 pm</i>	<i>Lunch</i>
2:30 – 5:30 pm	Intermediate Length Tröma Sadhana with Tsok
<i>6:00 – 6:30 pm</i>	<i>Dinner</i>

Tröma Trekchö with Intermediate Tröma Sadhana Practice

June 16-19 (Days 6-9)

6:30 – 8:30 am	Wangdu Silnon, Tröma Ngöndro
<i>8:30 – 9:00 am</i>	<i>Breakfast</i>
10:00 am – 12:00 pm	Intermediate Sadhana Practice and Tröma Trekchö Teachings
<i>12:00 – 12:30 pm</i>	<i>Lunch</i>
2:30 – 4:30 pm	Intermediate Sadhana Practice and Tröma Trekchö Teachings
<i>5:00 – 5:30 pm</i>	<i>Dinner</i>
6:30 – 8:30 pm	Completion of Tröma Intermediate Length Sadhana including full Tsok

June 20 (Day 10)

<i>8:30 – 9:00 am</i>	<i>Breakfast</i>
10:00 am – 1:00 pm	Intermediate Length Tröma Sadhana with Tsok
<i>1:30 – 2:00 pm</i>	<i>Lunch</i>
<i>2:30 – 5:00 pm</i>	<i>Shrine Clean-up</i>
<i>5:00 – 5:30 pm</i>	<i>Dinner</i>