

SUMMER RETREAT SCHEDULE

JUNE 14-JULY 14, 2016

Tröma Nagmo (June 14-23)

June 14

8:30– 9:00 am	Breakfast
10:00 – 12:30 pm	Retreat prep at Shrine
12:30 – 1:00 pm	Lunch
2:00 – 5:00 pm	Retreat prep at Shrine
4:30 – 5:00 pm	Dinner
5:30 – 9:30 pm	Tröma Nagmo opening tsok (Medium length)

June 15-22

6:30 – 8:30 am	Wangdu Silnon, Black Feast, medium length Tröma Ngondro
8:30 – 9:00 am	Breakfast
10:00-12:30 pm	White Feast; medium length Tröma Ngondro; teaching with Sangye Khandro
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Mixed Feast, medium length Tröma Ngondro; teaching with Sangye Khandro
5:00 – 5:30 pm	Dinner
6:30 – 9:00 pm	Tröma concise (Thro-chung) tsok session/ Red Feast

June 23

7:30 – 8:00 am	Breakfast
9:00 – 1:00 pm	Concluding Tröma (Medium-length) tsok
1:00 – 1:30 pm	Lunch
2:00 – 5:00 pm	Retreat clean up at shrine
5:00 – 5:30 pm	Dinner

Black Hayagriva (June 24 – July 1)

June 24

8:30– 9:00 am	Breakfast
12:30 – 1:00 pm	Lunch
5:00 – 5:30 pm	Dinner
6:30 – 8:30 pm	Black Hayagriva tsok session/ Start of retreat

June 25 – 30

7:00 – 8:30 am	Sa-Ter Ngondro
8:30 – 9:00 am	Breakfast

9:30 – 12:30 pm	Black Hayagriva session/ Teaching Session
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Black Hayagriva session/ Teaching Session
5:00 – 5:30 pm	Dinner
6:30 – 8:30 pm	Black Hayagriva tsok session

July 1

8:00 – 8:30 am	Breakfast
9:00 am – 1:00 pm	Black Hayagriva concluding session
1:00 – 1:30 pm	Lunch
2:30 – 5:00 pm	Retreat clean up at shrine
5:00 – 5:30 pm	Dinner

Tröma Nagmo Empowerment/ Gyepa Rinpoche (July 2)

8:30– 9:00 am	Breakfast
10:00 am onwards	Tröma Nagmo Empowerment w/ Gyepa Rinpoche

The empowerment could take all day. Please prepare to devote a day to this.

Meal times will be announced at the shrine

Shitro Ngagso (July 3-4)

7:30 – 8:00 am	Breakfast
8:45 – 12:00 pm	Ngondro and Shitro Session
12:00 – 12:30 pm	Lunch (depends when session ends)
2:30 – 7:00 pm	Shitro Session *
7:00 – 7:30pm	Dinner (depends when session ends)

* We will do a Neydren Ceremony for the Dead on July 4 during the afternoon session

Drupchen Preparation Day (JULY 5) (TUESDAY)

8:00 – 9:00 am	Concise puja
9:00 – 9:30 am	Breakfast
10:00 – 12:30 pm	Retreat prep at Shrine
12:30 – 1:00 pm	Lunch
2:00 – 5:00 pm	Retreat prep at Shrine
5:00 – 5:30 pm	Dinner
6:00 pm onwards	Retreat Prep at Shrine

Collection of Seven Treasures Drupchen (July 6 - 14)

July 6

8:00 – 8:30 am Breakfast
9:00 – 5:30 pm **Start of the retreat (mandatory)**
Meal breaks will be announced at the shrine

July 7-13

6:15 – 9:00 am **Drupchen Session**
9:00 – 9:30 am Breakfast
10:30 – 1:00 pm **Drupchen Session/Teaching**
1:00 – 1:30 pm Lunch
3:00 – 8:00 pm **Drupchen Tsok Session**
8:00 – 8:30 pm Dinner

9:00 – 11:30 pm **Drupchen Night Session #1**
12:00 – 2:30 am **Drupchen Night Session #2**
3:00 – 5:30 am **Drupchen Night Session #3**

Note: attendance at night sessions is open to everybody but not mandatory, except to those assigned there will be a sign-up sheet.

July 14

7:00 am – TBD **Drupchen siddhi session w/ Guru Rinpoche's Manifestations**

Breakfast and Lunch times to be announced at the Shrine