

# 32<sup>ND</sup> ANNUAL SUMMER RETREAT 2021: MAY 19 – JUNE 20

VAJRAYANA FOUNDATION | PEMA OSEL LING | LIVESTREAM

## TROMA NAGMO, NGONDRO & FOUR FEASTS RETREAT:

MAY 29 – JUNE 5, 2021

### May 29, Saturday – May 30, Sunday:

**9:00 am to 10:45 am – Troma's Laughter, Black Feast, Troma Ngondro, Riwo Sangchod and White Feast**

*10:45 am – 11:00 am Break*

**11:00 am to 12:30 pm – Troma Nagmo texts oral transmission (Lung) with Lama Sonam Tsering Rinpoche**

*12:30 pm – 2:30 pm Break*

**2:30 pm to 6:00 pm – Mixed Feast, \*TroChung, Concluding Prayers, Red Feast**

### May 31, Monday – June 4, Friday:

**9:00 am to 10:45 am – Black Feast, Troma Ngondro, Riwo Sangchod and White Feast**

*10:45 am – 11:00 am Break*

**11:00 am to 12:30 pm – Question & Answer teachings with Lama Sonam Tsering Rinpoche**

*12:30 pm – 2:30 pm Break*

**2:30 pm to 6:00 pm – Mixed Feast, TroChung, Concluding Prayers, Red Feast**

### June 5, Saturday: \*Tangrak Dakini Day – \*Troma TroDring Puja and Siddhis

**9:00 am to 12:30 pm – Troma TroDring**

*12:30 pm – 2:30 pm Break*

**2:30 pm to 5:00 pm – Troma TroDring**

### June 6, Sunday:

**9:00 to 11:00 am – Dorje Drolu Daily Puja**

**Shitro Ngakso & Neydren Retreat Preparation**

(Please Note: All Times Are Approximate & Subject To Change)

1. **Troma TroChung: Troma Nagmo: Concise Sadhana**
2. **Troma TroDring: Troma Nagmo: Intermediate Sadhana, Sun of Wisdom**
3. **Tangrak Dakini Day: Dakini Day Celebration**

Version: May 27, 2021