

Pema Osel Ling 2022 Summer Retreat
Troma Ngondro and Four Feasts – June 11-16
Troma Sadhana Practice – June 17-21

Schedule

Saturday, June 11

7:00 am – 8:30 am	Khandro T’huk T’hik Daily Puja and Tsok
<i>8:30 am – 9:00 pm</i>	<i>Breakfast</i>
9:00 am – 12:30	Empowerment Preparation (Shrine Closed)
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
2:00 pm – 6:00 pm	Troma Nagmo Empowerment (<i>Wang</i>) Medium Length
<i>6:00 – 6:30 pm</i>	<i>Dinner</i>

Sunday, June 12: Troma Ngondro and Four Feasts

6:00 am – 8:00 am	Black Feast, Troma Ngondro and Sang Offering
<i>8:00 am – 8:30 am</i>	<i>Breakfast</i>
9:00 am – 12:00 pm	White Feast, Troma Ngondro and Mixed Feast
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
2:00 pm – 3:30 pm	Troma Nagmo Sadhanas, Ngondro and Four Feasts Oral Transmissions (<i>Lungs</i>)
3:30 pm – 6:30 pm	Troma Concise Sadhana with Tsok and Healing Red Feast
<i>6:30 – 7:00 pm</i>	<i>Dinner</i>

Monday, June 13 to Thursday, June 16: Troma Ngondro and Four Feasts

6:00 am – 8:00 am	Black Feast, Troma Ngondro and Sang Offering
<i>8:00 am – 8:30 am</i>	<i>Breakfast</i>
9:00 am – 12:00 pm	White Feast, Troma Ngondro and Mixed Feast
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
2:00 pm – 3:30 pm	Troma Nagmo Teachings
3:30 pm – 6:30 pm	Troma Concise Sadhana with Tsok and Healing Red Feast
<i>6:30 – 7:00 pm</i>	<i>Dinner</i>

Friday, June 17 to Monday, June 20: Troma Intermediate Sadhana

7:00 am – 7:30 am *Breakfast*
8:00 am – 11:30 pm **Troma Intermediate Sadhana Practice**
11:30 am – 12:30 pm **Troma Nagmo Teachings and Q&A**
12:30 pm – 1:00 pm *Lunch*
2:30 – 6:30 pm **Troma Intermediate Sadhana and Tsok**
6:30 – 7:00 pm *Dinner*

Tuesday, June 21: Troma Nagmo Intermediate Sadhana Puja and Tsok

7:00 am – 7:30 am *Breakfast*
8:00 am – 1:00 pm **Troma Intermediate Sadhana Puja and Tsok**
1:00 pm – 1:30 pm *Lunch*
6:00 – 6:30 pm *Dinner*

Wednesday, June 22 – Thursday, June 23 Shitro Ngakso Retreat Preparation

7:00 am – 7:30 am *Breakfast*
8:00 am – 9:30 am **Daily Puja with Ngondro**
12:00 pm – 12:30 pm *Lunch*
6:00 – 6:30 pm *Dinner*