

**DRAFT SCHEDULE** VAJRAYANA FOUNDATION ANNUAL NGONDRO RETREAT  
with Sam Bercholz, Amy Green and Drubpon Pema Rigdzin  
April 4: – April 12, 2020

**Saturday, April 4**

7:30 – 9:00 am Daily Practice: Ngondro, short Khandro T’huk T’hik & Protectors  
9:00 – 9:30 am Breakfast  
10:30 am – 12:30 pm Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz  
12:30 – 1:00 pm Lunch  
2:30 – 4:30 pm Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz  
4:30 – 5:30 pm Ngondro with Shower of Blessings Tsok  
5:30 – 6:00 pm Dinner  
7:00 – 9:00 pm Individual Practice

**Sunday, April 5**

7:30 – 9:00 am Daily Practice: Ngondro, short Khandro T’huk T’hik & Protectors  
9:00 – 9:30 am Breakfast  
10:30 am – 12:30 pm Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz  
12:30 – 1:00 pm Lunch  
3:00 – 5:00 pm Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz  
5:00 – 5:30 pm Dinner  
7:00 – 9:00 pm Individual Practice

**Monday, April 6**

7:30 – 9:00 am Daily Practice: Ngondro, short Khandro T’huk T’hik & Protectors  
9:00 – 9:30 am Breakfast  
10:30 – 12:00 pm Ngondro Teachings  
12:30 – 1:00 pm Lunch  
2:30 – 4:30 pm Ngondro Teachings  
4:30 – 5:00 pm Dinner  
6:00 – 8:30 pm Personal Accumulations, with guidance from Drubpon Pema Rigdzin

**Tuesday, April 7**

7:30 – 9:00 am Daily Practice: Ngondro, short Khandro T’huk T’hik & Protectors  
9:00 – 9:30 am Breakfast  
10:00 – 12:00 pm Ngondro Teachings  
12:00 – 12:30 pm Lunch  
2:30 – 4:30 pm Ngondro Teachings  
4:30 – 5:00 pm Dinner  
6:00 – 8:30 pm Personal Accumulations, with guidance from Drubpon Pema Rigdzin

**Wednesday, April 8 (Full Moon Day)**

7:00 – 9:00 pm Buddha Puja with Tsok Kang Dechen & Tsok  
9:00 – 9:30 am Breakfast  
10:00 – 12:00 pm Ngondro Teachings  
12:00 – 12:30 pm Lunch  
2:30 – 4:30 pm Ngondro Teaching  
4:30 – 5:00 pm Dinner  
6:00 – 8:30 pm Personal Accumulations, with guidance from Drubpon Pema Rigdzin

**Thursday, April 9**

**7:30 – 9:00 am** Daily Practice: Ngondro, short Khandro T’huk T’hik & Protectors  
*9:00 – 9:30 am* Breakfast  
**10:00 – 12:00 pm** Ngondro Teachings  
*12:00 – 12:30 pm* Lunch  
**2:30 – 4:30 pm** Ngondro Teachings  
*4:30 – 5:00 pm* Dinner  
**6:00 – 8:30 pm** Personal Accumulations, with guidance from Drubpon Pema Rigdzin

**Friday, April 10**

**7:30 – 9:00 am** Daily Practice: Ngondro, short Khandro T’huk T’hik & Protectors  
*9:00 – 9:30 am* Breakfast  
**10:00 – 12:00 pm** Ngondro Teachings  
*12:00 – 12:30 pm* Lunch  
**2:30 – 4:30 pm** Ngondro Teachings  
*4:30 – 5:00 pm* Dinner  
**6:00 – 8:30 pm** Personal Accumulations, with guidance from Drubpon Pema Rigdzin

**Saturday, April 11**

**7:30 – 9:00 am** Daily Practice: Ngondro, short Khandro T’huk T’hik & Protectors  
*9:00 – 9:30 am* Breakfast  
**10:00 – 12:00 pm** Ngondro Teachings  
*12:00 – 12:30 pm* Lunch  
**2:30 – 4:30 pm** Ngondro Teachings  
*5:00 – 5:30 pm* Dinner  
**6:00 – 8:30 pm** Personal Accumulations, with guidance from Drubpon Pema Rigdzin

**Sunday, April 12**

**7:00 – 8:30 am** Personal Accumulations  
*8:30 – 9:00 am* Breakfast  
**10:00 – 11:15 pm** Final Ngondro Teachings  
**11:30 – 12:30 pm** Ngondro and Shower of Blessings Puja with Tsok  
*1:00 – 1:30 pm* Lunch

**April 6 - 11 - Afternoon Teaching Schedule**

Monday	4/6	The Four Thoughts (That Turn the Mind to Dharma)
Tuesday	4/7	The Four Thoughts (That Turn the Mind to Dharma)
Wednesday	4/8	Refuge and Bodhicitta
Thursday	4/9	Mandala Offering
Friday	4/10	Vajrasattva
Saturday	4/11	Guru Yoga