

32ND ANNUAL SUMMER RETREAT 2021: MAY 19 – JUNE 20

VAJRAYANA FOUNDATION | PEMA OSEL LING | LIVESTREAM

TSEYANG KHATROD RETREAT: UNION OF LONG LIFE & WEALTH PRACTICES TSOKYE T'HUK T'HIK & ORGYEN KHANDRO NORLHA May 19 – May 26, 2021

May 19, Wednesday: Special Buddha's Birthday Schedule

9:00 am to 10:45 am – Buddha Puja, Riwo Sangchöd and Tsok

10:45 – 11:00 am Break

11:00 am to 12:30 pm - Oral Transmissions (Lungs) for Orgyen Khandro Norlha, Tsokye T'huk T'hik & additional texts with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Break

2:30 pm to 5:00 pm – Oral Transmission (Lung) cont. Lama Sonam Tsering Rinpoche

May 20, Thursday – May 23, Sunday:

9:00 am to 10:45 am – Ngondro and *Tseyang Khatrod Practices

10:45 am – 11:00 am Break

11:00 am to 12:30 pm - Teachings with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Break

2:30 pm to 5:00 pm - Riwo Sangchöd, Dharma Protectors, Tseyang Khatrod Practices and Tsog

May 24, Monday – May 26, Wednesday:

9:00 am to 10:45 am – Ngondro and Tseyang Khatrod Practices

10:45 am – 11:00 am Break

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

12:30 pm – 2:30 pm Break

2:30 pm to 5:00 pm - Riwo Sangchöd, Dharma Protectors, Tseyang Khatrod Practices and Tsog

May 27, Thursday:

9:00 am to 11:00 am – Vajrakilaya Daily Puja

Troma Nagmo Retreat Preparation

May 28, Friday:

9:00 am to 11:00 am – Tsokye T'huk T'hik Daily Puja

Troma Nagmo Retreat Preparation

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

1. Tseyang Khatrod: The Union of Long Life & Wealth Practices, Orgyen Khandro Norlha & Tsokye T'huk T'hik (Lake Born Vajra)

Version: April 20, 2021

32ND 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 - 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 Drola 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: April 20, 2021

32ND ANNUAL SUMMER RETREAT 2021: MAY 19 – JUNE 20

VAJRAYANA FOUNDATION | PEMA OSEL LING | LIVESTREAM

SHITRO NGAKSO & NEYDREN RETREAT:

JUNE 7 – JUNE 9, 2021

June 7, Monday - June 9, Wednesday:

9:00 am to 12:30 pm – Shitro Ngakso & Neydren

12:30 pm – 2:30 pm Break

2:30 pm to 6:30 pm – Shitro Ngakso & Neydren

June 10, Thursday:

9:00 am to 11:00 am – New Moon – Buddha Puja

Seven Treasures Guru Rinpoche Retreat Preparation

June 11, Friday:

9:00 am to 11:00 am – Tsokye T’huk T’hik Daily Puja

Seven Treasures Guru Rinpoche Retreat Preparation

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

32ND ANNUAL SUMMER RETREAT 2021: MAY 19 – JUNE 20

VAJRAYANA FOUNDATION | PEMA OSEL LING | LIVESTREAM

SEVEN TREASURES GURU RINPOCHE RETREAT: June 12 – June 20, 2021

Schedule and more information coming soon, details to be determined.

June 12, Saturday:

9:00 am to 10:45 am – Seven Treasures Guru Rinpoche Puja

10:45 am – 11:00 am Break

11:00 am to 12:30 pm – Seven Treasures Sadhana Oral Transmission (Lung) with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Break

2:30 pm to 6:00 pm – Seven Treasures Guru Rinpoche Puja & Tsog

June 13, Sunday – June 19, Saturday:

9:00 am to 10:45 am – Seven Treasures Guru Rinpoche Puja

10:45 am – 11:00 am Break

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

12:30 pm – 2:30 pm Break

2:30 pm to 6:00 pm – Seven Treasures Guru Rinpoche Puja & Tsog

June 20, Sunday:

9:00 am to 12:30 pm – Seven Treasures Guru Rinpoche Puja & Tsog

12:30 – 2:30 pm Break

2:30 to 6:00 pm – Seven Treasures Guru Rinpoche Puja, Siddhis & Tsog Celebration

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