

**Vajrayana Foundation Annual Ngondro Retreat**

**Live Streaming**

April 4 – April 12, 2020

**Sam Bercholz: “Meditation and the Development of Faith: Essential Teachings from H.H. Dudjom Rinpoche (*The Cascading Waterfall of Nectar*) and Thinley Norbu Rinpoche (*The Play of Thought*)”**

**Saturday, April 4**

8:00 – 9:45 am	Daily Practice with Tsok
10:30 am – 12:30 pm	Teachings with Sam Bercholz
2:30 – 4:30 pm	Teachings with Sam Bercholz

**Sunday, April 5**

8:00 – 9:30 am	Daily Practice with Tsok
10:30 am – 12:30 pm	Teachings and Q&A with Sam Bercholz
2:30 – 4:30 pm	Teachings and Q&A with Sam Bercholz
4:30 – 5:30 pm	Shower of Blessings Puja and Tsok

**Lama Sonam Tsering Rinpoche: “How Ngondro Can Support You in This Difficult Time”**

**Monday, April 6 to Saturday, April 11**

8:00 – 9:45 am	Daily Practice with Tsok
10:30 am – 12:30 pm	Teachings with Lama Sonam Rinpoche
2:30 am – 4:00 pm	Teachings with Lama Sonam Rinpoche

**Sunday April 12**

8:00 – 9:45 am	Daily Practice with Tsok
10:30 am – 11:30 pm	Teachings with Lama Sonam Rinpoche
11:30 am – 12:00 pm	Tsok Khang Dechen and Tsok