

Trekchöd Retreat, 2017
Teachings and Practice with Lama Pema Dorje Rinpoche
January 1-8, 2017

Retreat Schedule

(Rinpoche reserves the right to change things around as he wishes)

January 1 – Start of Retreat

8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	Opening Tsok: Concise Puja with Dharmapalas and Teaching
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Teaching and practice
5:00 – 5:30 pm	Dinner
6:30 – 8:30 pm	Practice session

January 2-7

6:45 – 8:30 am	Practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	Teaching and Practice
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Teaching and Practice
5:00 – 5:30 pm	Dinner
6:30 – 9:00 pm	Concise Puja with Dharmapalas and Tsok

January 8 – Conclusion of Retreat

8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	Concluding Concise Puja and Tsok
12:00 – 12:30 pm	Lunch