

Troma Nagmo Ngondro and Four Feasts Retreat Schedule
June 4 – 13, 2023

Sunday, June 4: Saga Dawa Duchen

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| 8:00 am – 8:30 am | Breakfast |
| 9:00 am – 11:00 am | Buddha Puja, Riwo Sangchod and Tsok |
| 11:00 am – 2:30 pm | Empowerment Preparation (Shrine Closed) |
| 1:00 pm – 1:30 pm | Lunch |
| 2:30 pm – 6:30 pm | Troma Nagmo Empowerment (<i>Wang</i>) Medium Length |
| 6:30 – 7:00 pm | Dinner |

Monday, June 5: Troma Ngondro, Four Feasts, Concise Sadhana and Lungs

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

Tuesday, June 6 to Monday, June 12: Troma Ngondro and Four Feasts

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| 6:00 am – 8:00 am | Troma Ngondro, Black Feast and Nolsang and Dribsang Smoke Offering |
| 8:00 am – 8:30 am | Breakfast |
| 9:00 am – 12:00 pm | White Feast, Troma Ngondro and Mixed Feast |
| 12:00 pm – 12:30 pm | Lunch |
| 2:00 pm – 3:30 pm | Troma Nagmo Teachings |
| 3:30 pm – 6:30 pm | Troma Concise Sadhana with Tsok and Healing Red Feast |
| 6:30 – 7:00 pm | Dinner |

Tuesday, June 13: Troma Nagmo Intermediate Sadhana Puja and Tsok

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| 8:00 am – 8:30 am | Breakfast |
| 9:00 am – 1:00 pm | Long Troma Ngondro, Nolsang and Dribsang Smoke Offering, Troma Intermediate Sadhana Puja and Tsok |
| 1:00 pm – 1:30 pm | Lunch |
| 6:00 – 6:30 pm | Dinner |

Wednesday, June 14 Shitro Ngakso Retreat Preparation

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| 7:00 am – 8:30 am | Shower of Blessings Daily Puja with Dudjom Tersar Ngondro |
| 8:30 am – 9:00 am | Breakfast |
| 12:30 pm – 1:00 pm | Lunch |
| 6:00 – 6:30 pm | Dinner |