

ANNUAL NGONDRO RETREAT SCHEDULE
VAJRAYANA FOUNDATION | PEMA OSEL LING | LIVESTREAM
March 27 – April 4, 2021

**MAR 27 & 28: PURIFYING AND TRANSFORMING OUR MINDS, TEACHINGS ON
A CASCADING WATERFALL OF NECTAR, WITH SAM BERCHOLZ**

March 27, Saturday:

8:30 am – 10:00 am Ngondro, Riwo Sangchod, & Shower of Blessings Puja
10:30 am – 12:30 pm Teachings with Sam Bercholz
12:30 pm – 2:30 pm Break
2:30 pm – 4:30 pm Teachings with Sam Bercholz
4:30 pm – 6:00 pm Break
6:00 pm – 8:00 pm Ngondro accumulation session with Drubpon Pema Rigdzin

March 28, Sunday:

8:30 am – 10:00 am Ngondro, Riwo Sangchod, & Buddha Puja for Buddha Amitabha Day
10:30 am – 12:30 pm Teachings with Sam Bercholz
12:30 pm – 2:30 pm Break
2:30 pm – 4:30 pm Teachings with Sam Bercholz
4:30 pm – 6:00 pm Break
6:00 pm – 8:00 pm Ngondro accumulation session with Regina DeCosse

**MAR 29 – APR 4: TEACHINGS ON THE NGONDRO PRACTICE,
WITH LAMA SONAM TSERING RINPOCHE & AMY GREEN**

March 29, Monday:

8:30 am – 10:00 am Ngondro, Riwo Sangchod, & Shower of Blessings Puja
10:00 am – 10:30 am Break
10:30 am – 12:30 pm Ngondro Lung (oral transmission) & teachings with Lama Sonam Tsering Rinpoche
12:30 pm – 2:30 pm Break
2:30 pm – 4:30 pm Teachings with Amy Green
4:30 pm – 6:00 pm Break
6:00 pm – 8:00 pm Ngondro accumulation session with Drubpon Pema Rigdzin

March 30, Tuesday:

8:30 am – 10:00 am Ngondro, Riwo Sangchod, & Shower of Blessings Puja
10:00 am – 10:30 am Break
10:30 am – 12:30 pm Ngondro Teachings with Lama Sonam Tsering Rinpoche
12:30 pm – 2:30 pm Break
2:30 pm – 4:30 pm Teachings with Amy Green
4:30 pm – 6:00 pm Break
6:00 pm – 8:00 pm Ngondro accumulation session with Drubpon Pema Rigdzin

March 31, Wednesday:

8:30 am – 10:00 am Ngondro, Riwo Sangchod, & Shower of Blessings Puja

10:00 am – 10:30 am Break

10:30 am – 12:30 pm Ngondro Lung (oral transmission) & teachings with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Break

2:30 pm – 4:30 pm Teachings with Amy Green

4:30 pm – 6:00 pm Break

6:00 pm – 8:00 pm Ngondro accumulation session with Stefan Graves

April 1, Thursday:

8:30 am – 10:00 am Ngondro, Riwo Sangchod, & Shower of Blessings Puja

10:00 am – 10:30 am Break

10:30 am – 12:30 pm Ngondro Teachings with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Break

2:30 pm – 4:30 pm Teachings with Amy Green

4:30 pm – 6:00 pm Break

6:00 pm – 8:00 pm Ngondro accumulation session with Drubpon Pema Rigdzin

April 2, Friday:

8:30 am – 10:00 am Ngondro, Riwo Sangchod, & Shower of Blessings Puja

10:00 am – 10:30 am Break

10:30 am – 12:30 pm Ngondro Teachings with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Break

2:30 pm – 4:30 pm Teachings with Amy Green

4:30 pm – 6:00 pm Break

6:00 pm – 8:00 pm Ngondro accumulation session with Regina DeCosse

April 3, Saturday:

8:30 am – 10:00 am Ngondro, Riwo Sangchod, & Shower of Blessings Puja

10:00 am – 10:30 am Break

10:30 am – 12:30 pm Ngondro Lung (oral transmission) & teachings with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Break

2:30 pm – 4:30 pm Teachings with Amy Green

4:30 pm – 6:00 pm Break

6:00 pm – 8:00 pm Ngondro accumulation session with Drubpon Pema Rigdzin

April 4, Sunday:

8:00 am – 9:00 am Ngondro, Riwo Sangchod

10:00 am – 11:15 am Ngondro Teachings with Lama Sonam Tsering Rinpoche

11:15 am – 11:30 am Short Break

11:30 am – 12:45 pm Shower of Blessings & Tsog

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