

Annual Ngondro Retreat Schedule

April 1-9, 2023

April 1 and 2: Teachings on *A Cascading Waterfall of Nectar*, with Sam Bercholz

April 1, Saturday:

7:30 am – 9:00 am	Ngondro and Concise Khandro Tuktik Puja
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
10:00 am – 12:00 pm	Teachings with Sam Bercholz
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
2:30 pm – 4:30 pm	Teachings with Sam Bercholz
4:45 pm – 6:00 pm	Ngondro Accumulation with Choying Wangmo or Stefan Graves
<i>6:00 - 6:30</i>	<i>Dinner</i>

April 2, Sunday:

7:30 am – 9:00 am	Ngondro and Concise Dorje Drolo Puja
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
10:00 am – 12:00 pm	Teachings with Sam Bercholz
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
2:30 pm – 4:30 pm	Teachings with Sam Bercholz
4:45 pm – 6:00 pm	Ngondro Accumulation with Choying Wangmo or Stefan Graves
<i>6:00 - 6:30</i>	<i>Dinner</i>

April 3 – 9: Teachings on the Ngondro Practice with Tulku Thadral Rinpoche, Lama Sonam Tsering Rinpoche, Amy Green and Ivan Bercholz

April 3, Monday:

7:30 am – 9:00 am	Ngondro and Concise Vajrasattva Puja
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
10:00 am – 12:00 pm	Dudjom Tersar Ngondro and Troma Nagmo Ngondro <i>Lungs</i> and Refuge Ceremony with Tulku Thadral Rinpoche
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
2:00 pm – 3:15 pm	Introductory Teachings with Amy Green and Ivan Bercholz
<i>3:15 pm – 3:30 pm</i>	<i>Break</i>
3:30 pm – 5:00 pm	Group Practice with Choying Wangmo or Stefan Graves
<i>5:00 - 5:30 pm</i>	<i>Dinner</i>
6:00 pm – 8:00 pm	Ngondro Accumulation with Choying Wangmo or Stefan Graves, or Private Practice

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April 4, Tuesday:

7:00 am – 9:00 am	Ngondro and Concise Troma Practice
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
10:00 am – 12:00 pm	Teachings with Amy Green and Ivan Bercholz
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
2:00 pm – 3:15 pm	Question and Answer with Tulku Thadral Rinpoche and Lama Sonam Rinpoche
<i>3:15 pm – 3:30 pm</i>	<i>Break</i>
3:30 pm – 5:00 pm	Group Practice with Choying Wangmo or Stefan Graves
<i>5:00 - 5:30</i>	<i>Dinner</i>
6:00 pm – 8:00 pm	Ngondro Accumulation with Choying Wangmo or Stefan Graves, or Private Practice

April 5 - 8, Wednesday through Saturday:

7:30 am – 9:00 am	Ngondro and Daily Practice*
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
10:00 am – 12:00 pm	Teachings with Amy Green and Ivan Bercholz
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
2:00 pm – 3:15 pm	Question and Answer with Tulku Thadral Rinpoche and Lama Sonam Rinpoche
<i>3:15 pm – 3:30 pm</i>	<i>Break</i>
3:30 pm – 5:00 pm	Group Practice with Choying Wangmo or Stefan Graves
<i>5:00 - 5:30 pm</i>	<i>Dinner</i>
6:00 pm – 8:00 pm	Ngondro Accumulation with Choying Wangmo or Stefan Graves, or Private Practice

April 9, Sunday:

8:30 am – 9:00 am	Ngondro & Tsok Khang Dechen
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
10:00 am – 12:00 pm	Ngondro <i>Lungs</i> and Concluding Teachings with Tulku Thadral Rinpoche
12:00 pm – 1:00 pm	Shower of Blessings and Tsok
<i>1:00 pm – 1:30 pm</i>	<i>Lunch</i>

***Daily Practice (unless otherwise noted):**

- Monday - Vajrasattva
- Tuesday - Troma Nagmo
- Wednesday - Full Moon Buddha Puja
- Thursday - Vajrakilaya
- Friday - Lake Born Vajra (Tsokye Tuktik)
- Saturday - Yeshe Tsogyal (Khandro Tuktik)
- Sunday - Dorje Drolo