

*Ri Chö* Trekchö Retreat with Lama Sonam Tsering Rinpoche  
Vajrayana Foundation | Pema Osel Ling  
January 1 – 9, 2021

**Saturday, January 1 – Start of Retreat**

8:00 – 9:30 am	<b>Concise Daily Puja with Protectors, and Tsok</b>
9:30 – 10:00 am	Breakfast (first meal served)
1:00 – 1:30 pm	Lunch
<b>2:30 – 5:00 pm</b>	<b>Introductory Trekchö Teachings &amp; Lung</b>
5:00 – 5:30 pm	Dinner
<b>6:00 – 8:00 pm</b>	<b>Private practice session</b>

**Sunday and Monday, January 2 - 3**

<b>7:00 – 8:30 am</b>	<b>Private practice session</b>
8:30 – 9:00 am	Breakfast
<b>10:00 – 12:30 pm</b>	<b>Trekchö Teachings</b>
12:30 – 1:00 pm	Lunch
<b>2:30 – 5:00 pm</b>	<b>Trekchö Teachings</b>
5:00 – 5:30 pm	Dinner
<b>6:00 – 7:30 pm</b>	<b>Concise Daily Puja with Protectors and Tsok</b>
<b>7:30 – 8:30 pm</b>	<b>Private practice session</b>

**Tuesday, January 4 - Dungse Thinley Norbu Rinpoche's Decho (No Teachings)**

8:00 – 8:30 am	Breakfast
<b>9:00 – 12:30 pm</b>	<b>Dorsem Lama Chopa Puja</b>
12:30 – 1:00 pm	Lunch
<b>2:30 – 5:30 pm</b>	<b>Dorsem Lama Chopa Puja</b>
5:30 – 6:00 pm	Dinner
<b>6:30 – 8:30 pm</b>	<b>Private Practice Session</b>

**Wednesday, January 5 - Saturday, January 8**

<b>7:00 – 8:30 am</b>	<b>Private practice session</b>
8:30 – 9:00 am	Breakfast
<b>10:00 – 12:30 pm</b>	<b>Trekchö Teachings</b>
12:30 – 1:00 pm	Lunch
<b>2:30 – 5:00 pm</b>	<b>Trekchö Teachings</b>
5:00 – 5:30 pm	Dinner
<b>6:00 – 7:30 pm</b>	<b>Concise Daily Puja with Protectors and Tsok</b>
<b>7:30 – 8:30 pm</b>	<b>Private practice session</b>

**Sunday, January 9 – Conclusion of Retreat**

<b>7:00 – 8:00 am</b>	<b>Private practice session</b>
8:00 – 8:30 am	Breakfast
<b>9:00 am – 11:00 am</b>	<b>Concluding Trekchö Teachings &amp; Lung</b>
11:00 – 11:15 am	Short Break
<b>11:15 – 1:00 pm</b>	<b>Concise Daily Puja Tsok, Retreat conclusion Celebration</b>
1:00 – 2:00 pm	Lunch