

# 32<sup>ND</sup> ANNUAL SUMMER RETREAT 2021: MAY 19 – JUNE 20

VAJRAYANA FOUNDATION | PEMA OSEL LING | LIVESTREAM

## TSEYANG KHATROD RETREAT: UNION OF LONG LIFE & WEALTH PRACTICES TSOKYE T'HUK T'HIK & ORGYEN KHANDRO NORLHA May 19 – May 26, 2021

### May 19, Wednesday: Special Buddha's Birthday Schedule

9:00 am to 10:45 am – Buddha Puja, Riwo Sangchöd and Tsok

10:45 – 11:00 am Break

11:00 am to 12:30 pm - Oral Transmissions (Lungs) for Orgyen Khandro Norlha, Tsokye T'huk T'hik & additional texts with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Break

2:30 pm to 5:00 pm – Oral Transmission (Lung) cont. Lama Sonam Tsering Rinpoche

### May 20, Thursday – May 23, Sunday:

9:00 am to 10:45 am – Ngondro and \*Tseyang Khatrod Practices

10:45 am – 11:00 am Break

11:00 am to 12:30 pm - Teachings with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Break

2:30 pm to 5:00 pm - Riwo Sangchöd, Dharma Protectors, Tseyang Khatrod Practices and Tsog

### May 24, Monday – May 26, Wednesday:

9:00 am to 10:45 am – Ngondro and Tseyang Khatrod Practices

10:45 am – 11:00 am Break

11:00 am to 12:30 pm – Question and Answer with Lama Sonam Tsering Rinpoche

12:30 pm – 2:30 pm Break

2:30 pm to 5:00 pm - Riwo Sangchöd, Dharma Protectors, Tseyang Khatrod Practices and Tsog

### May 27, Thursday:

9:00 am to 11:00 am – Vajrakilaya Daily Puja

Troma Nagmo Retreat Preparation

### May 28, Friday:

9:00 am to 11:00 am – Tsokye T'huk T'hik Daily Puja

Troma Nagmo Retreat Preparation

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

1. Tseyang Khatrod: The Union of Long Life & Wealth Practices, Orgyen Khandro Norlha & Tsokye T'huk T'hik (Lake Born Vajra)

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## TROMA NAGMO, NGONDRO & FOUR FEASTS RETREAT:

MAY 29 – JUNE 5, 2021

### May 29, Saturday – May 30, Sunday:

**9:00 am to 10:45 am – Troma's Laughter, Black Feast, Troma Ngondro, Riwo Sangchod and White Feast**

*10:45 am – 11:00 am Break*

**11:00 am to 12:30 pm – Troma Nagmo texts oral transmission (Lung) with Lama Sonam Tsering Rinpoche**

*12:30 pm – 2:30 pm Break*

**2:30 pm to 6:00 pm – Mixed Feast, \*TroChung, Concluding Prayers, Red Feast**

### May 31, Monday – June 4, Friday:

**9:00 am to 10:45 am – Black Feast, Troma Ngondro, Riwo Sangchod and White Feast**

*10:45 am – 11:00 am Break*

**11:00 am to 12:30 pm - Teachings with Lama Sonam Tsering Rinpoche**

*12:30 pm – 2:30 pm Break*

**2:30 pm to 6:00 pm – Mixed Feast, TroChung, Concluding Prayers, Red Feast**

### June 5, Saturday: \*Tangrak Dakini Day – \*Troma TroDring Puja and Siddhis

**9:00 am to 12:30 pm – Troma TroDring**

*12:30 pm – 2:30 pm Break*

**2:30 pm to 5:00 pm – Troma TroDring**

### June 6, Sunday:

**9:00 to 11:00 am – Dorje Drolu Daily Puja**

**Shitro Ngakso & Neydren Retreat Preparation**

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

1. **Troma TroChung: Troma Nagmo: Concise Sadhana**
2. **Troma TroDring: Troma Nagmo: Intermediate Sadhana, Sun of Wisdom**
3. **Tangrak Dakini Day: Dakini Day Celebration**

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## SHITRO NGAKSO & NEYDREN RETREAT:

JUNE 7 – JUNE 9, 2021

### **June 7, Monday - June 9, Wednesday:**

**8:00 am to 12:30 pm – Shitro Ngakso & Neydren**

*12:30 pm – 2:30 pm Break*

**2:30 pm to 6:30 pm – Shitro Ngakso & Neydren**

### **June 10, Thursday:**

**8:00 am to 11:00 am – New Moon – Buddha Puja**

**Seven Treasures Guru Rinpoche Retreat Preparation**

### **June 11, Friday:**

**8:00 am to 11:00 am – Tsokye T’huk T’hik Daily Puja**

**Seven Treasures Guru Rinpoche Retreat Preparation**

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## SEVEN TREASURES GURU RINPOCHE RETREAT: June 12 – June 20, 2021

**Schedule and more information coming soon, details to be determined.**

### **June 12, Saturday:**

**8:00 am to 10:45 am – Seven Treasures Guru Rinpoche Puja**

*10:45 am – 11:00 am Break*

**11:00 am to 12:30 pm – Seven Treasures Sadhana Oral Transmission (Lung) with Lama Sonam Tsering Rinpoche**

*12:30 pm – 2:30 pm Break*

**2:30 pm to 6:00 pm – Seven Treasures Guru Rinpoche Puja & Tsog**

### **June 13, Sunday – June 19, Saturday:**

**8:00 am to 10:45 am – Seven Treasures Guru Rinpoche Puja**

*10:45 am – 11:00 am Break*

**11:00 am to 12:30 pm – Question and Answer with Lama Sonam Tsering Rinpoche**

*12:30 pm – 2:30 pm Break*

**2:30 pm to 6:00 pm – Seven Treasures Guru Rinpoche Puja & Tsog**

### **June 20, Sunday:**

**8:00 am to 12:30 pm – Seven Treasures Guru Rinpoche Puja & Tsog**

*12:30 – 2:30 pm Break*

**2:30 to 6:00 pm – Seven Treasures Guru Rinpoche Puja, Siddhis & Tsog Celebration**

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