

Vajra Armor Healing Retreat
With Lama Sonam Tsering Rinpoche
Pema Osel Ling Retreat Center | Vajrayana Foundation
On-Site and By Streaming
November 29 to December 5, 2021

Monday, November 29 (Dakini Day)

8:00 – 8:30 am	Ngondro
9:00 – 9:30 am	Breakfast
1:00 – 1:30 pm	Lunch
2:00 – 5:00 pm	Khandro T’huk T’hik Puja and Tsok
5:00 – 5:30 pm	Dinner
6:00 – 7:30 pm	Personal Meditation Practice

Tuesday, November 30

8:00 – 9:30 am	Concise Daily Puja and Tsok Offering
9:30 – 10:00 am	Breakfast
10:30 – 1:00 pm	Teachings and Oral Transmission (<i>Lung</i>) for Vajra Armor Mantra and Practice
1:00 – 1:30 pm	Lunch
3:00 – 5:00 pm	Group Practice Session (led by senior practitioners)
5:00 – 5:30 pm	Dinner
6:00 – 7:30 pm	Personal Meditation Practice

Wednesday, December 1

8:00 – 9:30 am	Concise Daily Puja and Tsok Offering
9:30 – 10:00 am	Breakfast
10:30 – 12:30 pm	Teachings on Vajra Armor Mantra and Practice
12:30 – 1:00 pm	Lunch
3:00 – 5:00 pm	Group Practice Session (led by senior practitioners)
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Vajra Armor Practice

Thursday, December 2 - Saturday, December 4

8:00 – 9:30 am	Concise Daily Puja and Tsok Offering
9:30 – 10:00 am	Breakfast
10:30 – 11:30 am	Q&A with Lama Sonam Rinpoche
11:30 am – 1:00 pm	Group Practice Session (led by senior practitioners)
1:00 – 1:30 pm	Lunch
3:00 – 5:00 pm	Personal Vajra Armor Practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Vajra Armor Practice

Sunday, December 5

8:30 – 9:00 am	Breakfast
9:30 am – 11:30 am	Short Advice Teaching with Lama Sonam Rinpoche
11:30 am – 1:00 pm	Concise Daily Puja and Tsok Offering
1:00 – 1:30 pm	Lunch