

32ND ANNUAL SUMMER RETREAT 2021: MAY 19 – JUNE 20

VAJRAYANA FOUNDATION | PEMA OSEL LING | LIVESTREAM

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**

Version: April 20, 2021