

Thanksgiving Phowa Retreat
With Lama Sonam Tsering Rinpoche
Pema Osel Ling Retreat Center | Vajrayana Foundation
On-Site and By Streaming
November 25 – 28, 2021

Thanksgiving Day: Thursday, November 25th

1:00 – 4:30 pm **Ngöndro and Amitabha Zhing-Drub Pure Land Tsok Offering Puja**

5:30 – onwards Thanksgiving Dinner

Friday and Saturday, November 26th and 27th

9:00 – 9:30 am Breakfast

10:00 am – 12:00 pm **Phowa Teachings with Lama Sonam Rinpoche**
(The Phowa oral transmission will be given during the Nov. 26th session)

12:00 – 12:30 pm Lunch

2:00 – 3:00 pm **Guided Phowa Practice (led by senior practitioners)**

3:00 – 4:00 pm **Q&A with Lama Sonam Rinpoche**

5:00 – 5:30 pm Dinner

6:30 – 8:00 pm **Concise Daily Puja with Protectors and Tsok**

Sunday, November 28th

9:00 – 9:30 am Breakfast

10:00 – 11:30 am **Short Advice on How to Practice at Home**

11:30 – 1:00 pm **Concise Daily Puja with Protectors and Tsok**

1:00 – 2:00 pm Lunch

5:30 – 6:00 pm Dinner