

The Essence of Butter
Thanksgiving Retreat with Lama Sonam Rinpoche
November 29th - December 1st, 2019
Vajrayana Foundation | Pema Osel Ling

Thanksgiving Day: Thursday, November 28th

- 1:00 – 4:30 pm **Ngöndro and Amitabha Zhing-Drub Pure Land Tsok Offering Puja**
- 5:30 – onwards Thanksgiving Dinner

Friday and Saturday, November 29th and 30th

- 8:00 – 8:30 am Breakfast
- 9:00 am – 12:00 pm **Teachings with Lama Sonam Rinpoche**
- 12:00 – 12:30 pm Lunch
- 12:45 – 1:45 pm Individual meetings with Lama Sonam Rinpoche
- 2:00 – 5:00 pm **Teachings with Lama Sonam Rinpoche**
- 5:00 – 5:30 pm Dinner
- 6:30 – 8:00 pm **Concise Khandro T'huk T'hik Practice with Protectors and Tsok**

Sunday, December 1st

- 8:00 – 8:30 am Breakfast
- 9:00 – 11:00 am **Short Advice on How to Practice at Home**
- 11:15 – 1:00 pm **Concise Khandro T'huk T'hik Practice with Protectors and Tsog**
- 1:00 – 1:30 pm Lunch