

SUMMER RETREAT 2016
TROMA NAGMO SCHEDULE AND PRICING
June 14-23, 2016

SCHEDULE

June 14

8:30– 9:00 am	Breakfast
10:00 – 12:30 pm	Retreat prep at Shrine
12:30 – 1:00 pm	Lunch
2:00 – 5:00 pm	Retreat prep at Shrine
4:30 – 5:00 pm	Dinner
5:30 – 9:30 pm	Tröma Nagmo opening tsok (Medium length)

June 15-22

6:30 – 8:30 am	Wangdu Silnon, Black Feast, medium length Tröma Ngondro
8:30 – 9:00 am	Breakfast
10:00 –12:30 pm	White Feast; medium length Tröma Ngondro; teaching with Sangye Khandro
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Mixed Feast, medium length Tröma Ngondro; teaching with Sangye Khandro
5:00 – 5:30 pm	Dinner
6:30 – 9:00 pm	Tröma concise (Thro-chung) tsok session/ Red Feast

June 23

7:30 – 8:00 am	Breakfast
9:00 – 1:00 pm	Concluding Tröma (Medium-length) tsok
1:00 – 1:30 pm	Lunch
2:00 – 5:00 pm	Retreat clean up at shrine
5:00 – 5:30 pm	Dinner

Pricing

Entire Retreat

Residential (includes all sessions, all meals, and 8-9 nights lodging)

\$595 \$535 (member rate)

Commuter (includes all sessions and all meals, no lodging)

\$495 \$445 (member rate)

Part time Options

Day Rate (3 sessions, 2 meals)

\$75 \$67 (member rate)

Partial Day Rate (2 sessions, 1 meal)

\$54 \$49 (member rate)

Per Session

\$22 \$20 (member rate)

Per Meal

\$10 \$10

Per Night

\$25 \$23 (member rate)

Overnight Rate (all sessions, 3 meals, 1 night lodging)

\$105 \$95 (member rate)