

2016 Ngondro Intensive:
Teachings from *A Cascading Waterfall of Nectar* with **Sam Bercholz**
Ngondro Practice Retreat with **Lama Sonam Rinpoche** and **Ivan Bercholz**
Pema Osel Ling
March 19-27, 2016

Retreat Schedule

Saturday March 19 – Sunday March 20

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| 9:00 – 9:30 am | Breakfast |
| 10:30 – 12:00 pm | Teachings with Sam Bercholz |
| 12:00 – 12:30 pm | Lunch |
| 2:30 – 5:30 pm | Teachings with Sam Bercholz / Shower of Blessings tsok |
| 5:30 – 6:00 pm | Dinner |

Monday – Saturday March 21- 26

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| 7:30 – 8:30 am | Short Group Practice: Ngondro/Tsokhang Dechen |
| 8:30 – 9:00 am | Breakfast |
| 10:00 – 12:30 pm | Teachings with Lama Sonam and Ivan Bercholz |
| 12:30 – 1:00 pm | Lunch |
| 2:00 – 3:00 pm | Personal accumulation session in the Shrine |
| 3:30 – 5:30 pm | Teachings with Lama Sonam and Ivan Bercholz |
| 5:30 – 6:00 pm | Dinner |
| 7:00 – 8:30 pm | Tsok Puja |

Sunday March 27

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| 7:00 – 8:30 am | Short Group Practice: Ngondro/Tsokhang Dechen |
| 8:30 – 9:00 am | Breakfast |
| 10:00 – 1:00 pm | Teachings with Lama Sonam/ Shower of Blessings tsok |
| 1:00 – 1:30 pm | Lunch |

Daily Teaching and Practice Schedule March 21-27 [All practice and teachings will take place in the Shrine]

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| Monday | 21 | The Four Thoughts | Concise Vajrasattva |
| Tuesday | 22 | Refuge | Concise Throma |
| Wednesday | 23 | Bodhicitta | Shower of Blessings |
| Thursday | 24 | Mandala offering | Concise Vajrakilaya |
| Friday | 25 | Vajrasattva | Concise Lake Born Vajra |
| Saturday | 26 | Guru Yoga and Q&A | Concise Khandro Tuk-tik |
| Sunday | 27 | How to practice at home | Shower of Blessings |