

**Vajra Armor Healing Retreat**  
**With Tulku Thadral Rinpoche**  
Pema Osel Ling Retreat Center | Vajrayana Foundation  
On-Site and By Streaming  
**November 27 to November 29, 2023**

**Monday, November 27**

**7:30 – 9:00 AM - Vajrasattva Daily Puja and Tsok Offering**

9:00 – 9:30 am Breakfast

**10:00 – 12:30 pm - Teachings and Oral Transmission (Lung) for Vajra Armor Mantra and Practice**

1:00 – 1:30 pm - Lunch

**2:30 – 5:00 pm - Vajra Armor Mantra and Practice**

5:00 – 5:30 pm - Dinner

6:00 – 7:30 pm - Personal Meditation Practice

**Tuesday, November 28**

**7:30 – 9:00 am - Troma White Feast Puja and Tsok Offering**

9:00 – 9:30 am - Breakfast

**10:00 – 12:30 pm - Vajra Armor Mantra and Practice**

1:00 – 1:30 pm - Lunch

**2:30 – 5:00 pm - Vajra Armor Mantra and Practice**

5:00 – 5:30 pm - Dinner

6:00 – 7:30 pm - Personal Meditation Practice

**Wednesday, November 29**

**8:00 – 9:00 am - Ngondro**

9:00 – 9:30 am - Breakfast

**10:00 – 12:30 pm - Vajra Armor Mantra and Practice**

1:00 – 1:30 pm - Lunch

**2:30 pm – 5:00 pm - Vajra Armor Mantra, Practice, and Shower of Blessings with Tsok**