

# Troma Nagmo Retreat

Pema Osel Ling  
June 1-4, 2018

## **Troma Nagmo (June 1-4)**

### **June 1-3 (with Sangye Khandro)**

6:30 – 8:30 am	<b>Troma Ngöndro practice with the Black Feast</b>
8:30 am – 9:00 am	<i>Breakfast</i>
10:00 am – 12:00 pm	<b>Troma Teachings; White Feast</b>
12:00 – 12:30 pm	<i>Lunch</i>
2:30 – 4:30 pm	<b>Troma Teachings; Mixed Feast</b>
4:30 – 5:00 pm	<i>Dinner</i>
6:00 – 8:00 pm	<b>Concise Troma Sadhana Practice with Tsok and Red Feast</b>

### **June 4 (with Dudjom Yangsi Rinpoche and Sangye Khandro)**

8:00 am – 8:30 am	<i>Breakfast</i>
10:00 am – 2:00 pm	<b>Intermediate Length Troma Sadhana with Tsok Lunch</b>
4:00 – 4:30 pm	<i>Dinner</i>
5:00 – 7:00 pm	Registration for Empowerments and Oral Transmissions