

## Troma Nagmo 2018

*Pema Osel Ling*

Thank you for registering for our 2018 Troma Nagmo Retreat. Please read the following information as it could be helpful before and during your stay.

### Schedule

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

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

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

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

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

### Payment

- Please complete registration by paying in full before your arrival

#### Payment options

- Paypal by following the instructions given on the registration page
- Credit Card by calling our office at 831.761.6266 or by emailing [office@vajrayana.org](mailto:office@vajrayana.org) to arrange a time to make the payment.
- Check made out to “Vajrayana Foundation” and mailed to Vajrayana Foundation, 2013 Eureka Canyon Road, Watsonville, CA 95076. Please write “Summer Retreat 2018” in the Memo field or on the envelope. [Should the bank decline your check, you will be charged a 3% monthly fee on your remaining balance and billed for any bank fees.]

### Cancellation and Refunds

- If you cancel 7 days or more before your arrival we will refund 75% of your fee  
If you cancel less than 7 days ahead of time, we regrettably cannot issue a refund.

## Financial Assistance

If you require financial assistance we offer payment plan options and other alternatives. Please contact [office@vajrayana.org](mailto:office@vajrayana.org) to make arrangements.

## What to Bring

- Water bottle with lid. In the Shrine we especially ask that all liquid containers have a lid.
- Flashlight
- Sleeping bag or linens and pillow case
- Towels
- Tent, if camping, and a thermarest or equivalent
- Ear-plugs (if disturbed by noise)
- Comfortable warm- and cool-weather clothing (layers work best)
- Sensible shoes for uneven terrain
- We provide chairs and cushions
- Prescription medication, especially asthma medication and heart medicines. The nearest hospital or emergency care clinic is an hour away.
- Please do not bring pets

## Parking and Driving

- Because of the activity setting up the Empowerments with Dudjom Yangsi Rinpoche, parking and driving on the land are limited. Please park by the Sangha House to unload and we will direct you from there.
- If you have a physical disability please e-mail [office@vajrayana.org](mailto:office@vajrayana.org) and we will make arrangements for you while on the land.

## Accommodations

- You must come to the office to receive your housing or camping assignment.
- All beds come with a light comforter and a pillow. You must bring sheets or a sleeping bag, and a pillow case.

## Food

- We serve vegetarian options at all meals and meat dishes at most lunches.
- We will have gluten-free meal options but other than this, we apologize for not being able to accommodate individual dietary restrictions or requirements.
- If you have high protein needs or other special requirements please bring supplemental snacks. There is limited refrigeration by pre-arrangement
- Tea and hot water are available at the Dining Hall at all times. Coffee is available at breakfast.

## Service

- We ask that onsite guests contribute to the smooth running of the retreat by helping with certain tasks.

## Children

- Children 13 and under need to be accompanied by a parent or parent-approved guardian at all times
- Adults are completely responsible for supervising their children unless childcare is available.
- Children are welcome in the shrine room as long as they do not disturb other guests.
- Swimming pool: We do not have a lifeguard. Children under 16 must be accompanied by a parent or a parent-approved guardian at the ratio of 1 adult to 3 children.

## Phones and Computers

- Verizon provides the best cell phone service for this area.
- The phone in the Information Booth can be used to make free local calls. Use your calling card for long distance.
- WIFI is available at the Dining Hall and the Bookstore, and the password will be available at check-in.

## Miscellaneous

- This is a rustic location. **Poison-Oak** is a plant that induces allergic reactions in most people after contact so please keep to the paths to prevent contact with it.
- **Tick Bites** - If you feel a bite, and there is a small black spot on your skin you probably have a tick. Some ticks carry Lyme disease. See a staff member for help.
- **Wildlife** – do not feed or encourage the wildlife. Do not keep food in your tent as it will attract skunks, wild pigs and raccoons, etc.
- **Smoking, alcohol, and recreational drugs** are not permitted on the land at any time.
- **Candles, fires, and incense** are not permitted on the land at all. We are at high fire risk year round.
- **Pets** are not permitted at Pema Osel Ling. If you have a service animal please contact the office.

## Dharma Treasures gift shop

- The store stocks practice items, sadhanas, photos, books, gifts, cards, thankas and other artwork, a selection of clothing, snacks, basic toiletries, and items such as flashlights.
- Cash, checks and credit cards accepted.
- Contact details: (831) 761-6274     [store@vajrayana.org](mailto:store@vajrayana.org)

## Offerings

It is traditional for individuals to make an offering to teachers and translators at the end of retreats. Tibetan offering scarves (khatas) can be purchased at the Dharma Treasures store and we provide envelopes for monetary offerings. Please bring enough cash as the bookstore is only able to offer limited cash back on debit purchases, and we do not have an ATM on the land.

Email [office@vajrayana.org](mailto:office@vajrayana.org) with questions you may have on coming here for retreat.

Dharma Programs - (831) 761-6266 (press # to leave a message)