

## Vajrayana Foundation 2019 Ngöndro Retreat, April 13-21, 2019

with Lama Sonam Tsering Rinpoche, Sam Bercholz, Amy Green and Frederico Trancoso

### Saturday, April 13 (Medicine Buddha Day)

9:00 – 9:30 am	Breakfast
10:30 am – 12:30 pm	Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz
12:30 – 1:00 pm	Lunch
3:00 – 5:00 pm	Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz
5:00 – 5:30 pm	Dinner
6:00 – 7:30 pm	Ngondro and Buddha Puja with Tsok

### Sunday, April 14 (Guru Rinpoche Day)

9:00 – 9:30 am	Breakfast
10:30 am – 12:30 pm	Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz
12:30 – 1:00 pm	Lunch
3:00 – 5:00 pm	Teachings on “The Cascading Waterfall of Nectar”, with Sam Bercholz
5:00 – 5:30 pm	Dinner
6:00 – 7:30 pm	Ngondro and Shower of Blessings Puja with Tsok

### Monday, April 15 to Thursday, April 18

7:00 – 7:30 am	Ngondro with Tsok Kang Dechen and Tsok
7:30 – 8:30 am	Ngondro Instruction and/or Personal Accumulations
8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	Teachings with Sam Bercholz (Monday only), Amy Green and/or Lama Sonam Rinpoche
12:00 – 12:30 pm	Lunch
2:30 – 5:00 pm	Ngondro Teachings*, with Lama Sonam Rinpoche and/or Frederico Trancoso
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Personal Accumulations, with guidance from Frederico Trancoso

### Friday, April 19 (Full Moon Day)

7:00 – 8:30 am	Personal Accumulations
8:30 – 9:00 am	Breakfast

10:00 – 12:00 pm	<b>Teachings with Lama Sonam Rinpoche and/or Amy Green</b>
12:00 – 12:30 pm	Lunch
2:30 – 5:00 pm	<b>Ngondro Teachings*, with Lama Sonam Rinpoche and/or Frederico Trancoso</b>
5:00 – 5:30 pm	Dinner
6:30 – 7:30 pm	<b>Buddha Puja with Tsok</b>

### **Saturday, April 20**

7:00 – 7:30 am	<b>Ngondro with Tsok Kang Dechen and Tsok</b>
7:30 – 8:30 am	<b>Ngondro Instruction and/or Personal Accumulations</b>
8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	<b>Teachings with Lama Sonam Rinpoche and/or Amy Green</b>
12:00 – 12:30 pm	Lunch
2:30 – 5:00 pm	<b>Ngondro Teachings*, with Lama Sonam Rinpoche and/or Frederico Trancoso</b>
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	<b>Personal Accumulations, with guidance from Frederico Trancoso</b>

### **Sunday, April 21**

7:00 – 8:30 am	<b>Personal Accumulations</b>
8:30 – 9:00 am	Breakfast
10:00 – 12:00 pm	<b>Final Teachings with Lama Sonam Rinpoche</b>
12:00 – 1:00 pm	<b>Ngondro and Shower of Blessings Puja with Tsok</b>
1:00 – 1:30 pm	Lunch

### **\* April 15 - 20 - Afternoon Teaching Schedule**

Monday	4/15	The Four Thoughts (That Turn the Mind to Dharma)
Tuesday	4/16	The Four Thoughts (That Turn the Mind to Dharma)
Wednesday	4/17	Refuge and Bodhicitta
Thursday	4/18	Mandala Offering
Friday	4/19	Vajrasattva
Saturday	4/20	Guru Yoga