

# Vajra Armor Teachings and Practice

## Thanksgiving Retreat with Lama Sonam Tsering Rinpoche

*Pema Osel Ling*

*November 25<sup>th</sup> to 27<sup>th</sup>, 2016*

### **Thanksgiving Day: Thursday November 24<sup>th</sup>**

**1:00 – 2:30 pm**            **Ngöndro and Amitabha tsok**  
5:30 – onwards            Thanksgiving Dinner

### **Thanksgiving Retreat Schedule**

#### **Friday and Saturday November 25<sup>th</sup> and 26<sup>th</sup>**

**8:00 – 9:00 am**            **Ngöndro & concise tsok offering**  
9:00 – 9:30 am            Breakfast  
**10:00 – 12:30 pm**        **Teachings with Lama Sonam Rinpoche**  
12:30 – 1:00 pm            Lunch  
**3:00 – 5:30 pm**            **Teachings, continued**  
5:30 – 6:00 pm            Dinner  
**7:00 – 8:30 pm**            **Puja**

#### **Sunday November 27<sup>th</sup>**

**8:00 – 9:00 am**            **Ngöndro & concise tsok offering**  
9:00 – 9:30 am            Breakfast  
**10:00 – 12:30 pm**        **Teachings with Lama Sonam Rinpoche and Oral Transmission**  
12:30 – 1:00 pm            Lunch  
**2:30 – 3:30 pm**            **Teachings, concluded**  
**3:45 – 5:00 pm**            **Protectors & Concise tsok offering**  
5:00 – 5:30 pm            Dinner