

**Pema Osel Ling 2018 Summer Retreat Schedule
May 24 - June 23**

Wrathful Black Hayagriva (May 24-31)

May 24

7:00 am – 8:30 am	Concise Ngondro with Shower of Blessing Tsok
8:30 am – 9:00 am	<i>Breakfast</i>
12:30 pm – 1:00 pm	<i>Lunch</i>
1:00 pm – 2:00 pm	Registration at the Shrine Room
2:00 pm – 6:00 pm	Black Hayagriva Empowerment
6:30 pm – 7:00 pm	<i>Dinner</i>

May 25

8:30 am – 9:00 am	<i>Breakfast</i>
9:30 am – 12:30 pm	Concise Ngondro and Black Hayagriva Sadhana Orientation
12:30 pm – 1:00 pm	<i>Lunch</i>
2:00 pm – 6:00 pm	Black Hayagriva Practice Session and Tsok
6:00 pm – 6:30 pm	<i>Dinner</i>

May 26-30

7:00 am – 8:00 am	Sa-Ter Ngondro
8:00 am – 8:30 am	<i>Breakfast</i>
9:00 am – 12:30 pm	Black Hayagriva Teachings and Practice
12:30 pm – 1:00 pm	<i>Lunch</i>
3:00 pm – 7:00 pm	Black Hayagriva Practice Session with Tsok
7:00 pm – 7:30 pm	<i>Dinner</i>

May 31

7:00 am – 8:00 am	Sa-Ter Ngondro
8:00 am – 8:30 am	<i>Breakfast</i>
9:00 am – 2:00 pm	Black Hayagriva Concluding Session with Tsok

2:00 pm – 2:30 pm	<i>Lunch</i>
2:30 pm – 6:00 pm	Shrine Clean Up and Registration for Troma Retreat
6:00 pm – 6:30 pm	<i>Dinner</i>

Troma Nagmo (June 1-9)

June 1

8:00 am – 8:30 am	<i>Breakfast</i>
9:00 am – 11:30 am	Short Troma Ngöndro and Intermediate Length Troma Sadhana
11:30 am – 12:00 pm	<i>Lunch</i>
2:00 pm – 5:00 pm	Intermediate Length Troma Sadhana (Conclusion), with Troma Empowerment and Tsok
5:00 pm – 5:30 pm	<i>Dinner</i>

June 2-8

6:30 am – 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 pm – 12:30 pm	<i>Lunch</i>
2:30 pm – 4:30 pm	Troma Teachings; Mixed Feast
4:30 pm – 5:00 pm	<i>Dinner</i>
6:00 pm – 8:00 pm	Concise Troma Sadhana Practice with Tsok and Red Feast

June 9

6:30 am – 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	Intermediate Length Troma Sadhana; White and Mixed Feasts
12:00 pm – 12:30 pm	<i>Lunch</i>

2:30 pm – 5:30 pm	Intermediate Length Troma Sadhana (Conclusion) with Tsok and Red Feast
5:30 pm – 6:00 pm	<i>Dinner</i>

Shitro and Drupchen Preparation

June 10

8:00 am – 8:30 am	Daily Practice with Concise Ngondro and Tsok
8:30 am – 9:00 am	<i>Breakfast</i>
9:00 am – 1:00 pm	Shrine Preparations
1:00 pm – 1:30 pm	<i>Lunch</i>
1:30 pm – 6:00 pm	Shrine Preparations and Registration for Shitro Ngakso Retreat
6:00 pm – 6:30 pm	<i>Dinner</i>

Shitro Ngakso with Neydren (Liberation of Dead Beings)

June 11

7:15 am – 7:45 am	<i>Breakfast</i>
8:00 am – 12:00 pm	Ngondro and Shitro-Neydren Ceremony
12:00 pm – 12:30 pm	<i>Lunch</i>
2:30 pm – 4:30 pm	Shitro-Neydren Ceremony with Tsok
6:00 pm – 6:30 pm	<i>Dinner</i>
6:30 pm - TBD	Drupchen Preparations at Shrine Room

Namchak Putri Vajrakilaya Drupchen and Children's Retreat*

June 12 – 21

Practice details to follow

8:30 am – 9:00 am *Breakfast*

12:30 pm – 1:00 pm *Lunch*

9:00 pm – 9:30 pm *Dinner*

*Children's Retreat Schedule will be provided separately.

Treda Tsechu (Guru Rinpoche's Birthday Celebration)

June 22

7:15 am – 7:45 am *Breakfast*

8:00 am – 12:00 pm **Collection of 7 Treasures Guru Rinpoche Practice**

12:00 pm – 12:30 pm *Lunch*

2:00 pm – 6:00 pm **Collection of 7 Treasures Guru Rinpoche Practice and Tsok**

6:00 pm – 6:30 pm *Dinner*

June 23

6:00 am – 8:00 am **Collection of 7 Treasures Guru Rinpoche Practice**

8:00 am – 8:30 am *Breakfast*

9:00 am – 12:00 pm **Collection of 7 Treasures Guru Rinpoche Practice and Tsok**

12:00 pm – 12:30 pm *Lunch*

Afternoon **Dance of Eight Manifestations of Guru Rinpoche and Other Sacred Dances**