

Ri Chö Trekchö Retreat with Lama Sonam Tsering Rinpoche
Vajrayana Foundation | Pema Osel Ling

December 29, 2019 to January 5, 2020

Saturday, December 28 – Dungse Thinley Norbu Rinpoche Dechö

8:00 – 8:30 am	Breakfast (first meal served)
9:00 am – 12:30 pm	Vajrasattva, Dorsem Lama Chöpa Practice
12:30 – 1:00 pm	Lunch
2:30 – 5:30 pm	Vajrasattva, Dorsem Lama Chöpa Practice
5:30 – 6:00 pm	Dinner

Sunday, December 29 – Start of Trekchö Retreat

8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	SaTer Ngondro & Introductory Trekchö Teachings
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Trekchö Teachings
5:00 – 5:30 pm	Dinner
6:00 – 7:30 pm	Concise Khandro T'huk T'hik Puja with Protectors and Tsok
7:30 – 8:30 pm	Private practice session

Monday, December 30 through Saturday, January 4

7:00 – 8:30 am	Private practice session
8:30 – 9:00 am	Breakfast
10:00 – 12:30 pm	SaTer Ngondro & Trekchö Teachings
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Trekchö Teachings
5:00 – 5:30 pm	Dinner
6:00 – 7:30 pm	Concise Khandro T'huk T'hik Puja with Protectors and Tsok
7:30 – 8:30 pm	Private practice session

Sunday, January 5 – Conclusion of Retreat (Guru Rinpoche Day)

7:00 – 8:00 am	Private practice session
8:00 – 8:30 am	Breakfast
9:00 am – 10:00 am	SaTer Ngondro & Concluding Trekchö Teaching
10:00 – 10:30 am	Short Break
10:30 – 2:30 pm	Trekchod Completion tsok, & Dorje Drolo puja to commemorate the 18th year of the Red Dorje Drolo Stupa
2:30 – 3:30 pm	Shrine Room Cleanup, Lunch & Dining Hall Cleanup