

**Pema Osel Ling 2022 Summer Retreat
Troma Ngondro and Four Feasts – June 11-16
Troma Sadhana Practice – June 17-21**

Schedule

Friday, June 10

5:30 – 6:00 pm *Dinner*

Saturday, June 11

7:00 am – 8:30 am **Khandro T’huk T’hik Daily Puja and Tsok**
8:30 am – 9:00 pm *Breakfast*
9:00 am – 12:30 **Empowerment Preparation (Shrine Closed)**
12:00 pm – 12:30 pm *Lunch*
2:00 pm – 6:00 pm **Troma Nagmo Empowerment (*Wang*) Medium Length**
6:00 – 6:30 pm *Dinner*

Sunday, June 12: Troma Ngondro and Four Feasts

6:00 am – 8:00 am **Black Feast, Troma Ngondro and Sang Offering**
8:00 am – 8:30 am *Breakfast*
9:00 am – 12:00 pm **White Feast, Troma Ngondro and Mixed Feast**
12:00 pm – 12:30 pm *Lunch*
2:00 pm – 3:30 pm **Troma Nagmo Sadhanas, Ngondro and Four Feasts Oral
Transmissions (*Lungs*)**
3:30 pm – 6:30 pm **Troma Concise Sadhana with Tsok and Healing Red Feast**
6:30 – 7:00 pm *Dinner*

Monday, June 13 to Thursday, June 16: Troma Ngondro and Four Feasts

6:00 am – 8:00 am **Black Feast, Troma Ngondro and Sang Offering**
8:00 am – 8:30 am *Breakfast*
9:00 am – 12:00 pm **White Feast, Troma Ngondro and Mixed Feast**
12:00 pm – 12:30 pm *Lunch*
2:00 pm – 3:30 pm **Troma Nagmo Teachings**
3:30 pm – 6:30 pm **Troma Concise Sadhana with Tsok and Healing Red Feast**
6:30 – 7:00 pm *Dinner*

Friday, June 17 to Monday, June 20: Troma Intermediate Sadhana

<i>8:00 am – 8:30 am</i>	<i>Breakfast</i>
9:00 am – 11:30 am	Troma Intermediate Sadhana Practice
11:30 am – 12:30 pm	Troma Nagmo Teachings and Q&A
<i>12:30 pm – 1:00 pm</i>	<i>Lunch</i>
2:30 – 6:30 pm	Troma Intermediate Sadhana and Tsok
<i>6:30 – 7:00 pm</i>	<i>Dinner</i>

Tuesday, June 21: Troma Nagmo Intermediate Sadhana Puja and Tsok

<i>8:00 am – 8:30 am</i>	<i>Breakfast</i>
9:00 am – 1:00 pm	Troma Intermediate Sadhana Puja and Tsok
<i>1:00 pm – 1:30 pm</i>	<i>Lunch</i>
<i>6:00 – 6:30 pm</i>	<i>Dinner</i>

Wednesday, June 22 – Thursday, June 23 Shitro Ngakso Retreat Preparation

<i>8:00 am – 8:30 am</i>	<i>Breakfast</i>
9:00 am – 10:30 am	Daily Puja with Ngondro
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
<i>6:00 – 6:30 pm</i>	<i>Dinner</i>