

Trekchö Rushen Teachings and Practice with Tulku Thadral Rinpoche
January 1 - 21, 2023

December 31, 2022

5:30 pm - 6:00 pm *Dinner*

January 1, 2023

9:00 am - 9:30 am *Breakfast*

10:00 am - 12:30 pm **Introduction to Trekchö and Rushen (Open to the Public)**

12:30 pm - 1:00 pm *Lunch*

2:30 pm - 5:30 pm **Dorje Drolo Puja and Tsok**

5:30 pm - 6:00 pm *Dinner*

January 2 - 8, 2023

7:30 am - 8:00 am **Ngondro and Tsok Khang Dechen**

8:00 am - 8:30 am *Breakfast*

9:00 am - 12:00 pm **Teaching and Practice Session**

12:00 pm - 12:30 pm *Lunch*

2:30 pm - 5:00 pm **Teaching and Practice Session**

5:00 pm - 6 :00 pm **Concise Vajrakilaya with Tsok and Daily Dharma Protectors**

6:00 pm - 6:30 pm *Dinner*

7:00 pm - 9:00 pm **Personal practice**

January 9, 2023 **Kyabje Dudjom Rinpoche's Dechö**

7:30 am - 8:00 am **Ngondro and Tsok Khang Dechen**

8:00 am - 8:30 am *Breakfast*

9:00 am - 12:00 pm **Teaching and Practice Session**

12:00 pm - 12:30 pm *Lunch*

2:30 pm - 4:30 pm **Teaching and Practice Session**

4:30 pm - 6 :30 pm **Ka Ter Dorsem Sadhana and Concise Vajrakilaya with Tsok and Daily Dharma Protectors**

6:30 pm - 7:00 pm *Dinner*

7:30 pm - 9:00 pm **Personal practice**

January 10 - 11, 2023

7:30 am - 8:00 am	Ngondro and Tsok Khang Dechen
<i>8:00 am - 8:30 am</i>	<i>Breakfast</i>
9:00 am - 12:00 pm	Teaching and Practice Session
<i>12:00 pm - 12:30 pm</i>	<i>Lunch</i>
2:30 pm - 5:00 pm	Teaching and Practice Session
5:00 pm - 6 :00 pm	Concise Vajrakilaya with Tsok and Daily Dharma Protectors
<i>6:00 pm - 6:30 pm</i>	<i>Dinner</i>
7:00 pm - 9:00 pm	Personal practice

January 12, 2023

7:30 am - 8:00 am	Kyabje Chatral Rinpoche's Dechö Ngondro and Tsok Khang Dechen
<i>8:00 am - 8:30 am</i>	<i>Breakfast</i>
9:00 am - 12:00 pm	Teaching and Practice Session
<i>12:00 pm - 12:30 pm</i>	<i>Lunch</i>
2:30 pm - 4:30 pm	Teaching and Practice Session
4:30 pm - 6 :30 pm	Ka Ter Dorsem Sadhana and Concise Vajrakilaya with Tsok and Daily Dharma Protectors
<i>6:30 pm - 7:00 pm</i>	<i>Dinner</i>
7:30 pm - 9:00 pm	Personal practice

January 13 - 20, 2023

7:30 am - 8:00 am	Ngondro and Tsok Khang Dechen
<i>8:00 am - 8:30 am</i>	<i>Breakfast</i>
9:00 am - 12:00 pm	Teaching and Practice Session
<i>12:00 pm - 12:30 pm</i>	<i>Lunch</i>
2:30 pm - 5:00 pm	Teaching and Practice Session
5:00 pm - 6 :00 pm	Concise Vajrakilaya with Tsok and Daily Dharma Protectors
<i>6:00 pm - 6:30 pm</i>	<i>Dinner</i>
7:00 pm - 9:00 pm	Personal practice

January 21, 2023

<i>8:00 am - 8:30 am</i>	<i>Breakfast</i>
9:00 am - 9:30 am	Concise Ngondro
9:30 am - 1:00 pm	Concluding Teaching and Practice Session, followed by Concise Vajrakilaya Puja with Tsok and Daily Dharma Protectors
<i>1:00 pm - 1:30 pm</i>	<i>Lunch</i>