

## Annual Ngondro Retreat Schedule

April 1-9, 2023

**April 1 and 2: Teachings on *A Cascading Waterfall of Nectar*, with Sam Bercholz**

### April 1, Saturday:

<b>7:30 am – 9:00 am</b>	<b>Ngondro and Concise Khandro Tuktik Puja</b>
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
<b>10:00 am – 12:00 pm</b>	<b>Teachings with Sam Bercholz</b>
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
<b>2:30 pm – 4:30 pm</b>	<b>Teachings with Sam Bercholz</b>
<b>4:45 pm – 6:00 pm</b>	<b>Ngondro Accumulation with Choying Wangmo or Stefan Graves</b>
<i>6:00 - 6:30 pm</i>	<i>Dinner</i>

### April 2, Sunday:

<b>7:30 am – 9:00 am</b>	<b>Ngondro and Concise Dorje Drolo Puja</b>
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
<b>10:00 am – 12:00 pm</b>	<b>Teachings with Sam Bercholz</b>
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
<b>2:30 pm – 4:30 pm</b>	<b>Teachings with Sam Bercholz</b>
<b>4:45 pm – 6:00 pm</b>	<b>Ngondro Accumulation with Choying Wangmo or Stefan Graves</b>
<i>6:00 - 6:30 pm</i>	<i>Dinner</i>

**April 3 – 9: Teachings on the Ngondro Practice with Tulku Thadral Rinpoche, Lama Sonam Tsering Rinpoche, Amy Green and Ivan Bercholz**

### April 3, Monday:

<b>7:30 am – 9:00 am</b>	<b>Ngondro and Concise Vajrasattva Puja</b>
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
<b>10:00 am – 12:00 pm</b>	<b>Dudjom Tersar Ngondro and Troma Nagmo Ngondro <i>Lungs</i>, Refuge Ceremony and Bodhisattva Vows with Tulku Thadral Rinpoche</b>
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
<b>2:00 pm – 3:30 pm</b>	<b>Teachings with Amy Green and Ivan Bercholz</b>
<i>3:30 pm – 3:45 pm</i>	<i>Break</i>
<b>3:45 pm – 5:00 pm</b>	<b>Group Practice with Choying Wangmo or Stefan Graves (ZOOM)</b>
<i>5:00 - 5:30 pm</i>	<i>Dinner</i>
<b>6:00 pm – 8:00 pm</b>	<b>Ngondro Accumulation with Choying Wangmo or Stefan Graves, or Private Practice (ZOOM)</b>

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**April 4, Tuesday:**

<b>7:00 am – 9:00 am</b>	<b>Ngondro and Concise Troma Practice</b>
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
<b>10:00 am – 12:00 pm</b>	<b>Teachings with Amy Green and Ivan Bercholz</b>
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
<b>2:00 pm – 3:30 pm</b>	<b>Question and Answer with Tulku Thadral Rinpoche and Lama Sonam Rinpoche</b>
<i>3:30 pm – 3:45 pm</i>	<i>Break</i>
<b>3:45 pm – 5:00 pm</b>	<b>Group Practice with Choying Wangmo or Stefan Graves (ZOOM)</b>
<i>5:00 - 5:30 pm</i>	<i>Dinner</i>
<b>6:00 pm – 8:00 pm</b>	<b>Ngondro Accumulation with Choying Wangmo or Stefan Graves, or Private Practice (ZOOM)</b>

**April 5, Wednesday (Full Moon Day):**

<b>7:30 am – 9:00 am</b>	<b>Ngondro and Buddha Puja</b>
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
<b>10:00 am – 12:00 pm</b>	<b>Teachings with Amy Green and Ivan Bercholz</b>
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
<b>2:00 pm – 3:30 pm</b>	<b>Question and Answer with Tulku Thadral Rinpoche and Lama Sonam Rinpoche</b>
<i>3:30 pm – 3:45 pm</i>	<i>Break</i>
<b>3:45 pm – 5:00 pm</b>	<b>Group Practice with Choying Wangmo or Stefan Graves (ZOOM)</b>
<i>5:00 - 5:30 pm</i>	<i>Dinner</i>
<b>6:00 pm – 8:00 pm</b>	<b>Vajrasattva Empowerment with Tulku Thadral Rinpoche</b>

**April 6 - 8, Thursday through Saturday:**

<b>7:30 am – 9:00 am</b>	<b>Ngondro and Daily Practice*</b>
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
<b>10:00 am – 12:00 pm</b>	<b>Teachings with Amy Green and Ivan Bercholz</b>
<i>12:00 pm – 12:30 pm</i>	<i>Lunch</i>
<b>2:00 pm – 3:30 pm</b>	<b>Question and Answer with Tulku Thadral Rinpoche and Lama Sonam Rinpoche</b>
<i>3:30 pm – 3:45 pm</i>	<i>Break</i>
<b>3:45 pm – 5:00 pm</b>	<b>Group Practice with Choying Wangmo or Stefan Graves (ZOOM)</b>
<i>5:00 - 5:30 pm</i>	<i>Dinner</i>
<b>6:00 pm – 8:00 pm</b>	<b>Ngondro Accumulation with Choying Wangmo or Stefan Graves, or Private Practice (ZOOM)</b>

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### **April 9, Sunday:**

<b>8:30 am – 9:00 am</b>	<b>Ngondro &amp; Tsok Khang Dechen</b>
<i>9:00 am – 9:30 am</i>	<i>Breakfast</i>
<b>10:00 am – 12:00 pm</b>	<b>Ngondro <i>Lungs</i> (Same as April 3) and Concluding Teachings with Tulku Thadral Rinpoche</b>
<b>12:00 pm – 1:00 pm</b>	<b>Shower of Blessings and Tsok</b>
<i>1:00 pm – 1:30 pm</i>	<i>Lunch</i>

### **\*Daily Practice (unless otherwise noted):**

Monday - Vajrasattva

Tuesday - Troma Nagmo

Wednesday - Full Moon Buddha Puja

Thursday - Vajrakilaya

Friday - Lake Born Vajra (Tsokye Tuktik)

Saturday - Yeshe Tsogyal (Khandro Tuktik)

Sunday - Dorje Drolo