

Troma Nagmo Ngondro and Four Feasts Retreat Schedule
June 4 – 13, 2023

Sunday, June 4: Saga Dawa Duchen

8:00 – 8:30 am	<i>Breakfast</i>
9:00 – 11:00 am	Buddha Puja, Riwo Sangchod and Tsok
11:00 am – 2:30 pm	Empowerment Preparation (Shrine Closed)
1:00 – 1:30 pm	<i>Lunch</i>
2:30 – 6:30 pm	Troma Nagmo Empowerment (<i>Wang</i>)
6:30 – 7:00 pm	<i>Dinner</i>

Monday, June 5: Troma Ngondro, Four Feasts, Concise Sadhana and *Lungs*

7:00 – 8:30 am	Black Feast and Smoke Offering Prayers
8:30 – 9:00 am	<i>Breakfast</i>
9:30 am – 11:00 am	White Feast, Troma Ngondro and Mixed Feast
12:00 – 12:30 pm	<i>Lunch</i>
2:00 – 3:30 pm	Troma Nagmo Sadhanas, Ngondro and Four Feasts <i>Lungs</i>
3:30 – 6:30 pm	Troma Concise Sadhana with Tsok and Red Feast
6:30 – 7:00 pm	<i>Dinner</i>

Tuesday, June 6 to Thursday, June 8: Troma Ngondro, Concise Sadhana and Four Feasts

7:00 – 8:30 am	Black Feast and Smoke Offering Prayers
8:30 – 9:00 am	<i>Breakfast</i>
10:00 am – 11:30 am	White Feast, Troma Ngondro and Mixed Feast
12:00 – 12:30 pm	<i>Lunch</i>
2:00 – 3:30 pm	Troma Nagmo Teachings
3:30 – 6:30 pm	Troma Concise Sadhana with Tsok and Red Feast
6:30 – 7:00 pm	<i>Dinner</i>

Friday, June 9 to Monday, June 12: Troma Ngondro, Intermediate Sadhana and Four Feasts

6:30 – 8:00 am	Troma's Laughter, Black Feast, Troma Ngondro, White Feast
8:00 – 8:30 am	<i>Breakfast</i>
9:30 am – 12:00 pm	Troma Intermediate Length Sadhana with Four Empowerments
12:00 – 12:30 pm	<i>Lunch</i>
2:00 – 3:30 pm	Dharma Protectors, Mixed Feast
3:45 – 6:30 pm	Troma Intermediate Length Sadhana, Tsok and Red Feast
6:30 – 7:00 pm	<i>Dinner</i>

Tuesday, June 13: Troma Nagmo Intermediate Sadhana and Tsok

8:00 – 8:30 am	<i>Breakfast</i>
9:00 am – 1:00 pm	Troma Intermediate Length Sadhana and Tsok
1:00 – 1:30 pm	<i>Lunch</i>
2:30 - 4:30 pm	Mandala transformation and additional Dharma activities in the Shrine
6:00 – 6:30 pm	<i>Dinner</i>

Wednesday, June 14 Shitro Ngakso Retreat Preparation in the Shrine

7:00 – 8:30 am	Dudjom Tersar Ngondro and Shower of Blessings Daily Puja
8:30 – 9:00 am	<i>Breakfast</i>
12:30 – 1:00 pm	<i>Lunch</i>
5:30 - 6:00 pm	<i>Dinner</i>