

Trekchod Retreat with Tulku Thadral Rinpoche

December 30, 2023 - January 7, 2024

Vajrayana Foundation | Pema Osel Ling

In Person and By Streaming

Saturday, December 30, 2023 - Sunday, December 31, 2024

7:30 am – 9:00 am - Daily Puja with Protectors and Tsok

9:00 am – 9:30 am - Breakfast

10:00 am – 12:30 pm - Lung, Teachings and Practice with Tulku Thadral Rinpoche

12:30 pm – 1:00 pm - Lunch

2:30 pm – 5:00 pm - Lung, Teachings and Practice with Tulku Thadral Rinpoche

5:00 pm – 5:30 pm - Dinner

Monday, January 1, 2024

7:30 am – 9:00 am - Chatral Rinpoche's Decho - Concise Daily Vajrasattva Puja and Tsok

9:00 am – 9:30 am - Breakfast

10:00 am – 12:30 pm - Lung, Teachings and Practice with Tulku Thadral Rinpoche

12:30 pm – 1:00 pm - Lunch

2:30 pm – 5:00 pm - Lung, Teachings and Practice with Tulku Thadral Rinpoche

5:00 pm – 5:30 pm - Dinner

Tuesday, January 2, 2024

7:30 am – 9:00 am - White Feast Troma Puja and Tsok

9:00 am – 9:30 am - Breakfast

10:00 am – 12:30 pm - Lung, Teachings and Practice with Tulku Thadral Rinpoche

12:30 pm – 1:00 pm - Lunch

2:30 pm – 5:00 pm - Lung, Teachings and Practice with Tulku Thadral Rinpoche

5:00 pm – 5:30 pm - Dinner

Wednesday, January 3, 2024 - Friday, January 5, 2024

7:30 am – 9:00 am - Daily Puja with Protectors and Tsok

9:00 am – 9:30 am - Breakfast

10:00 am – 12:30 pm - Lung, Teachings and Practice with Tulku Thadral Rinpoche

12:30 pm – 1:00 pm - Lunch

2:30 pm – 5:00 pm - Lung, Teachings and Practice with Tulku Thadral Rinpoche

5:00 pm – 5:30 pm - Dinner

Saturday, January 6, 2024

8:00 am – 8:30 am - Breakfast

9:00 am – 12:30 pm - Dakini Day - Khandro T'huk T'hik

12:30 pm – 1:00 pm - Lunch

2:30 pm – 5:00 pm - Lung, Teachings and Practice with Tulku Thadral Rinpoche

5:00 pm – 5:30 pm - Dinner

Sunday, January 7, 2024

7:30 am – 9:00 am - Daily Puja with Protectors

9:00 am – 9:30 am - Breakfast

10:00 am – 12:30 pm - Concluding Teachings and Practice with Tulku Thadral Rinpoche

12:30 pm – 1:00 pm - Tsok Khang Dechen with Tsok

1:00 pm – 1:30 pm - Lunch