

Vajra Armor 2024 Schedule

Monday, December 2

7:30 AM – 9:00 AM - Vajrasattva Daily Puja and Tsok Offering

9:00 AM – 9:30 AM Breakfast

10:00 AM – 12:30 PM - Teachings and Oral Transmission (Lung) for Vajra Armor Mantra and Practice

1:00 PM – 1:30 PM - Lunch

2:30 PM – 5:00 PM - Vajra Armor Mantra and Practice

5:00 PM – 5:30 PM - Dinner

6:00 PM – 7:30 PM - Personal Meditation Practice

Tuesday, December 3

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

9:00 AM – 9:30 AM - Breakfast

10:00 AM – 12:30 PM - Vajra Armor Mantra and Practice

1:00 PM – 1:30 PM - Lunch

2:30 PM – 5:00 PM - Vajra Armor Mantra and Practice

5:00 PM – 5:30 PM - Dinner

6:00 PM – 7:30 PM - Personal Meditation Practice

Wednesday, Dec 4

8:00 AM – 9:00 AM - Ngondro

9:00 AM – 9:30 AM - Breakfast

10:00 AM – 12:30 PM - Vajra Armor Mantra and Practice

1:00 PM – 1:30 PM - Lunch

2:30 PM – 5:00 PM - Vajra Armor Mantra, Practice, and Shower of Blessings with Tsok