

Trekchod Retreat with Tulku Thadral Rinpoche

December 28, 2024 - January 5, 2025

Vajrayana Foundation | Pema Osel Ling

In Person and By Streaming

Saturday, December 28, 2024 - Tuesday, 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

Happy New Year!

Wednesday, January 1

8 - 8:30 am - Thinley Norbu Rinpoche's Decho - Dorsem Lama Chopa and Tsok

9:00 am – 9:30 am - Breakfast

10:00 am – 12:30 pm - Thinley Norbu Rinpoche's Decho - Dorsem Lama Chopa and Tsok

12:00 pm – 12:30 pm - Lunch

2:00 pm – 5:00 pm - Thinley Norbu Rinpoche's Decho - Dorsem Lama Chopa and Tsok

5:00 pm – 5:30 pm - Dinner

Thursday, January 2 to Saturday, January 4, 2025

7:30 am – 9:00 am - Daily Puja with Concise Yeshe Tsogyal 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

Sunday, January 5, 2025

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