

**Trekchod Retreat with Tulku Thadral Rinpoche**

**December 28, 2024 - January 5, 2025**

Vajrayana Foundation | Pema Osel Ling

In Person and By Streaming

**December 28, 2024**

7:30 am – Daily Puja with Protectors and Tsok

10:00 am – Lung, Teachings and Practice with Tulku Thadral Rinpoche

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

**December 29, 2024**

7:30 am – Daily Puja with Protectors and Tsok

10:00 am – Lung, Teachings and Practice with Tulku Thadral Rinpoche

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

**December 30, 2024**

7:30 am – Daily Puja with Protectors and Tsok

10:00 am – Lung, Teachings and Practice with Tulku Thadral Rinpoche

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

**December 31, 2024**

7:30 am – Daily Puja with Protectors and Tsok

10:00 am – Lung, Teachings and Practice with Tulku Thadral Rinpoche

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

**January 1, 2025**

**DAILY MEAL**

**SCHEDULE**

Breakfast, 9-9:30

Lunch, 12:30 - 1

Dinner, 5-5:30

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

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

**January 2, 2025**

7:30 am – Daily Puja with Protectors and Tsok

10:00 am – Lung, Teachings and Practice with Tulku Thadral Rinpoche

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

**January 3, 2025**

7:30 am – Daily Puja with Protectors and Tsok

10:00 am – Lung, Teachings and Practice with Tulku Thadral Rinpoche

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

**January 4, 2025**

7:30 am – Daily Puja with Protectors and Tsok

10:00 am – Lung, Teachings and Practice with Tulku Thadral Rinpoche

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

**January 5, 2025**

7:30 am – Daily Puja with Protectors and Tsok

10:00 am – Closing Teachings with Tulku Thadral Rinpoche

**DAILY MEAL**

**SCHEDULE**

Breakfast, 9-9:30

Lunch, 12:30 - 1

Dinner, 5-5:30