

Integrating Daily Life with Dzogchen

Thanksgiving Retreat with Lama Sonam Tsering Rinpoche

Pema Osel Ling

November 23 – 26, 2017

Thanksgiving Day: Thursday November 23rd

1:00 – 2:30 pm **Ngöndro and Amitabha Tsok Offering Puja**
5:30 – onwards Thanksgiving Dinner

Thanksgiving Retreat Schedule

Friday and Saturday November 24th and 25th

8:00 – 9:00 am **Ngöndro and Concise Tsok Offering**
9:00 – 9:30 am Breakfast
10:00 – 12:30 pm **Teachings with Lama Sonam Rinpoche**
12:30 – 1:00 pm Lunch
3:00 – 5:30 pm **Teachings with Lama Sonam Rinpoche**
5:30 – 6:00 pm Dinner
7:00 – 8:30 pm **Concise Khandro T’huk T’hik and Protectors Tsok Offering Puja**

Sunday November 26th

7:45 – 9:00 am **Ngöndro, Protectors and Concise Tsok Offering**
9:00 – 9:30 am Breakfast
10:00 – 12:30 pm **Teachings with Lama Sonam Rinpoche**
12:30 – 1:00 pm Lunch
2:30 – 3:30 pm **Teachings with Lama Sonam Rinpoche**
3:45 – 5:00 pm **Concise Khandro T’huk T’hik Tsok Offering Puja**
5:00 – 5:30 pm Dinner