

# Annual Ngondro Retreat

April 12 - 20, 2025

## Schedule

**April 12 - 13** Teachings on *A Cascading Waterfall of Nectar*, with Sam Bercholz

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### April 12, Saturday

7:30 – 9 a.m.	Ngondro and Concise Khandro Tuktik Puja and Tsok
9 – 9:30 a.m.	Breakfast
10 a.m. – Noon	Teachings with Sam Bercholz
Noon – 12:30 p.m.	Lunch
2:30 – 4:30 p.m.	Teachings with Sam Bercholz
4:45 – 6 p.m.	Ngondro Accumulations with Choying Wangmo or Stefan Graves
6 - 6:30 p.m.	Dinner

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### April 13, Sunday

7:30 – 9 a.m.	Ngondro and Concise Dorje Drolo Puja
9 – 9:30 a.m.	Breakfast
10 a.m. – Noon	Teachings with Sam Bercholz
Noon – 12:30 p.m.	Lunch
2:30 – 4:30 p.m.	Teachings with Sam Bercholz
4:30 – 5 p.m.	Tsok Khang Dechen with Tsok Offering
5 - 5:30 p.m.	Dinner

## Vajrayana Foundation | Pema Osel Ling

**April 14 - 20:** Teachings on the Ngondro Practice with Tulku Thadral Rinpoche, Lama Sonam Tsering Rinpoche, Amy Green and Drubpon Pema Rigdzin; practice sessions with Choying Wangmo and Stefan Graves

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### **April 14, Monday – The Four Thoughts That Turn the Mind Toward Dharma**

7:30 – 9 a.m.	Ngondro and Concise Vajrasattva Puja and Tsok
9 – 9:30 a.m.	Breakfast
10 a.m. – Noon	Precious Human Rebirth and Impermanence Teachings with Amy Green
Noon – 12:30 p.m.	Lunch
2 – 3:30 p.m.	Karma and Cyclic Existence Teaching with Pema Rigdzin
3:30 – 3:45 p.m.	Break
3:45 – 5 p.m.	Ngondro Accumulations with Choying Wangmo
5 - 5:30 p.m.	Dinner
6:30 – 8 p.m.	Ngondro Accumulations with Stefan Graves

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### **April 15, Tuesday – Refuge**

7:30 – 9 a.m.	Ngondro and Concise Troma White Feast Puja and Tsok
9 – 9:30 a.m.	Breakfast
10 a.m. – Noon	Refuge Teachings with Tulku Thadral Rinpoche with Concise and Sater Dudjom Tersar Ngondro <i>Lungs</i>
Noon – 12:30 p.m.	Lunch
2 – 3:30 p.m.	Question and Answer with Lama Sonam Rinpoche
3:30 – 3:45 p.m.	Break
3:45 – 5 p.m.	Ngondro Accumulation with Choying Wangmo
5 - 5:30 p.m.	Dinner
6:30 – 8 p.m.	Ngondro Accumulation with Stefan Graves

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### **April 16, Wednesday – Bodhicitta**

7:30 – 9 a.m.	Ngondro and Shower of Blessings Puja and Tsok
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## **Vajrayana Foundation | Pema Osel Ling**

9 – 9:30 a.m.	Breakfast
10 a.m. – Noon	Bodhicitta Teachings with Amy Green
Noon – 12:30 p.m.	Lunch
2– 3:30 p.m.	Question and Answer with Lama Sonam Rinpoche
3:30 – 3:45 p.m.	Break
3:45 – 5 p.m.	Ngondro Accumulation with Choying Wangmo
5 - 5:30 p.m.	Dinner
6:30 – 8 p.m.	Ngondro Accumulation with Stefan Graves

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### **April 17, Thursday – Mandala Offering**

7:30– 9 a.m.	Ngondro and Khandro Tuktik Concise Puja and Tsok
9 – 9:30 a.m.	Breakfast
10 a.m. – Noon	Mandala Offering Teachings with Pema Rigdzin
Noon– 12:30 p.m.	Lunch
2 – 3:30 p.m.	Questions and Answers with Lama Sonam Rinpoche
3:30 – 3:45 p.m.	Break
3:45 – 5 p.m.	Ngondro Accumulation with Choying Wangmo
5 - 5:30 p.m.	Dinner
6:30 – 8 p.m.	Ngondro Accumulation with Stefan Graves

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### **April 18, Friday – Vajrasattva and Guru Yoga**

7:30 – 9 a.m.	Ngondro and Tsokye Tuktik Concise Puja and Tsok
9 – 9:30 a.m.	Breakfast
10 a.m. – Noon	Vajrasattva Teachings with Amy Green
Noon – 12:30 p.m.	Lunch
2 – 3:30 p.m.	Guru Yoga (Part 1) with Tulku Thadral Rinpoche
3:30 – 3:45 p.m.	Break
3:45 – 5 p.m.	Ngondro Accumulation with Choying Wangmo
5 - 5:30 p.m.	Dinner
6:30 – 8 p.m.	Ngondro Accumulation with Stefan Graves

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## Vajrayana Foundation | Pema Osel Ling

### April 19, Saturday – Guru Yoga (Continued), Phowa and Dedication

7:30 – 9 a.m.	Ngondro and Khandro Tuktik Concise Puja and Tsok
9. – 9:30 a.m.	Breakfast
10 a.m. – Noon	Continuation of Guru Yoga, Phowa and Dedication Teachings with Tulku Thadral Rinpoche
Noon – 12:30 p.m.	Lunch
2 – 3:30 p.m.	Completion of Guru Yoga, Phowa and Dedication Teachings with Tulku Thadral Rinpoche
3:30 – 3:45 p.m.	Break
3:45 – 5 p.m.	Question and Answer Lama Sonam Rinpoche
5 - 5:30 p.m.	Dinner
6:30 – 8 p.m.	Ngondro Accumulation with Stefan Graves

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### April 20, Sunday

7 – 7:30 a.m.	Breakfast
8 a.m. – Noon	Ngondro, <i>Lungs</i> (Same as April 15), <b>Refuge Ceremony</b> and <b>Bodhisattva Vows</b> with Tulku Thadral Rinpoche
12 – 12:30 pm	Lunch
1 – 3 p.m.	Empowerment Preparations (with individual interviews)
3 – 5 p.m.	<b>Orgyen Menla Empowerment</b> with Tulku Thadral Rinpoche
5 – 6 p.m.	Tsok Khang Dechen and Tsok
6 – 6:30 p.m.	Dinner