

From Wednesday 15th to Tuesday 21st February 2012

NGONDRO RETREAT

led by the Vénérable Drupon Nawang Tenzin Pagsam Yongdu

***** *BEGINNING OF THE RETREAT* *****

Wednesday 15th 6 pm : Mahakala practice
and the King of Aspiration Prayers

***** *DIARY PROGRAM* *****

6.30 am : Wake up !

7 am : Refuge and Prostrations

8.30 am : Breakfast break

10 am : Vajrassatva

12.30 am : Lunch break

3.30 pm : Mandala Offering

5.30 pm : Tea break

6 pm : Guru Yoga and Mahakala practice

7.30 pm : Dinner break

8.30 pm : Tcheu Senguey Tsewa practice

***** *CONCLUSION OF THE RETREAT* *****

Tuesday 21st 3 pm : Amitabha practice with Tsok Offering