Rangrig Dechen Tse – Canada Throma Sangha
Throma Nagmo Retreat Schedule October 26-29, 2013

<u>Onsite Registration is available 30 minutes before each session.</u>
Lung (oral transmission) required for new participants: 8:30 am Oct 26 or 27.

<u>October 26th</u>

Morning 9:00 - 10:30 Ngondro + Teaching
10:30 - 10:45 Black Chod
11:00 - 11:30 Throma Nagmo Instruction
11:30 -12:30 Throma Nagmo Short Sadhana (First Part) + Throma Nagmo Sang

~~*LUNCH BREAK (Bring your own or pre-order for hot vegetarian lunch)*~~

Afternoon 2:00 - 3:00 White Chod + Explanation
3:00 - 4:30 Throma Nagmo Short Sadhana (Second Part)
Dharma Protector Offering (Serkyem) + Tsok Offering

~~*TEA BREAK (Tea provided)*~~

Evening 5:00 - 7:30 Mixed Chod
Throma Nagmo Short Sadhana - Final Part: Tsok Remainders Offering
Sur (for Spirits + Dead) + Closing of Sadhana
Red Chod

<u>October 27th</u>

Morning 9:00 - 12:30 Ngondro + Black Chod
Middle Throma Nagmo Sadhana –First Part + Throma Sang

~~*LUNCH BREAK (Bring your own or pre-order for hot vegetarian lunch)*~~

Afternoon 2:00 - 4:30 White Chod + Middle Throma Nagmo Sadhana (Second Part) + Serkyem
Tsok Offering

~~*TEA BREAK (Tea provided)*~~

Evening 5:00 - 7:30 Mixed Chod
Middle Throma Nagmo Sadhana - Final Part: Tsok Remainders Offering
Sur (for Spirits + Dead) + Closing of Sadhana
Red Chod

<u>October 28th</u>

Morning 9:00 - 12:30 Ngondro + Black Chod
Short Throma Nagmo Sadhana + Throma Sang
Throma Serkyem

~~*LUNCH BREAK (Bring your own or pre-order for hot vegetarian lunch)*~~

Afternoon 2:00 - 4:30 White Chod
Guru Rinpoche Seven Line Prayer Tsok Offering

~~*TEA BREAK (Tea provided)*~~

Evening 5:00 - 7:30 Mixed Chod + Sur (for Spirits + Dead) + Water Puja + Dedication
Red Chod

<u>October 29th</u>

Morning 9:00 - 12:30 Ngondro + Short Chod
Short Sadhana + Throma Serkyem + Tsok Offering
Retreat Siddhi + Special Tashi Holding Candles
Dedication + Retreat Closing

~~*LUNCH BREAK (Bring your own or pre-order for hot vegetarian lunch)*~~

Afternoon 2:00 - 5:00 Throma Nagmo Fire Puja (Magnetizing/Power)
Note: Fire Puja is at a different location: 5 Spirea Court, Markham, L3T 2V9

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All sessions will be held at 2 Old English Lane, Markham, Ontario L3T 2T8.
Parking is not available onsite or on Old English Lane.
Suggestion to use the church parking lot west of site. TTC buses run along Steeles and Bayview.
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