

TRÖMA NAGMO RETREAT WITH SANGYE KHANDRO

TEACHINGS ON THE MEANING & PRACTICE OF DUDJOM LINGPA'S CHÖD

February 15th – 19th, 2019
Orgyen Dorje Den, Alameda, CA

RETREAT DETAILS

Participants are requested to review this information to help prepare for the retreat.



SCHEDULE

Feb 14th: 10am – 5pm

Volunteer prep day torma making and mandala set up: We hope you can join us a day early starting at 10am for torma making, mandala and tsog set-up, and temple preparation. If you can assist, please email Julie Rogers, retreat coordinator: julmind@mtashland.net

Feb 15th:

12pm – 1pm

Check-in: All attendees will need to check-in and confirm rota assignment. Those who have not paid in advance can do so at this time. Participants are encouraged to attend all sessions if possible. If you can only attend later during the retreat, please arrive 30 minutes before the session you plan to attend in order to register at the door.

1:30pm – 5:30

First Session: (*Guru Rinpoche Day*) Intermediate Tröma Sadhana practice and tsog. Open session; sangha at large welcome to attend. Thank you for allowing time to check-in and be seated before Sangye Khandro enters the shrine room.

Feb 16th -18th:

10am – 12:30pm & 2:30pm – 6:30pm

Morning sessions: Tröma Ngöndro / Feast Practice / Teachings

Afternoon sessions: Feast Practice / Teachings

Teachings will be translated in Chinese.

Feb 19th:

10am – 2pm (approx.)

Intermediate Tröma Sadhana: Sun of Wisdom, with large tsog that will be open to all. Following the tsog, *attendees are requested to assist in clean up.* Thank you for including at least one hour for this activity in your travel plans.

LOCATION Orgyen Dorje
Den 2244 Santa Clara Ave
Alameda, CA 94501
www.orgendorjeden.org

RETREAT REGISTRATION & FEES

Attendees are encouraged to register as early as possible. Registration deadline is Feb 10th. Once registered, you will receive confirmation and further instructions from Julie Rogers, retreat coordinator.

[CLICK HERE TO REGISTER](#)

Suggested fee: \$190 entire event / \$60 full day/ \$30 per session (*No one turned away for lack of funds*)

PRACTICE SUPPORTS & TEXTS

Chöd Implements:

Participants will need to bring bell, chöd drum, and kangling if you have them, and tsog offerings or cash donations for healthy food and beverages.

Practice Texts:

The following texts are available to order online at www.berotsana.org. Please allow ample time for shipping. The Orgyen Dorje Den bookstore will carry a limited inventory of the texts that can be purchased onsite and may sell out quickly.

- Tröma Nagmo Feasts of Chöd
- Tröma Nagmo Ngöndro & Phowa
- Tröma Nagmo Intermediate Sadhana: Sun of Wisdom

During tsog on the first and last day, all participants will need the short text used during past Tröma retreats: "Auxiliary Prayers for Daily Practice & Sadhana Practice with Ganachakra".

[Click here to download and print a free copy.](#)

Additional recommended book: Dudjom Lingpa's Chöd available at www.berotsana.org

ROTA SERVICE

All participants are requested to join in to support the retreat through rota service. After you register, you will receive a questionnaire from Julie Rogers, via email regarding rota tasks.

RETREAT SPONSORSHIP

If you would like to help sponsor this year's Tröma Nagmo retreat, your offerings of any amount will support and assist practitioners, teachers and Orgyen Dorje Den's continuing efforts. Please send your tax deductible donation to:

Orgyen Dorje Den
2244 Santa Clara Ave
Alameda, CA 94501

Please note in the memo "Tröma Retreat", and thank you for your generosity!

FOOD & LODGING

ODD is unable to arrange lodging for participants. There are numerous options available on Airbnb and VRBO Alameda. For hotel lodging, the Coral Reef Inn is within walking distance on Park St.

Meals will not be offered during the retreat. Many inexpensive restaurants are nearby on Park St. If planning to bring "bag meals", please bring prepared food, as on-site facilities are limited. Kitchen facilities will be used solely for the preparation of meals for the teacher and core staff.

PARKING NEAR ORGYEN DORJE DEN

Parking is available one block away from ODD, at the Civic Center Parking Lot, located at 1416 Oak St., between Central and Santa Clara Aves. The cost is .50/hour and parking is free after 5 pm. There is also two-hour street parking that is free on Sundays and holidays.

The ODD parking lot is reserved for lamas, tenants, essential staff, and people with disabilities only. If you have a DMV parking placard, please email julmind@mtashland.net with information regarding your needs and submit a parking request.

We look forward to a wonderful retreat!
Orgyen Dorje Den