

Anthony Chapman  
Director of Contemplative Scholarship  
Tsadra Foundations  
PO Box 20192  
New York, NY  
USA

December 14, 2014

**RE: Contemplative Scholarship Grant.**

Dear Mr. Chapman,

Hope you are well and wishing you a very Happy New Year and May the year ahead be filled with Joy and happiness. I'm eternally grateful and thankful for Tsadra Foundation, for having received the scholarship grant and able to practice these profound teachings under the guidance of Lama Norlha Rinpoche. Each year the stability in my meditation has progressed and my wish to benefit sentient beings has further strengthened by my practices.

As requested, the following is the Retreat schedule and practices for the year 2014, Is as follows:

**Daily Schedule for the Current practice**

4:00am	Dangway Naljor, All of Ngondro, with 100 of each practice and Dorje Pagmo Gyuncher
5:35am	Chutor Offerings
6:00am - 8:00am	Morning Tsokpa (Prayers)
8:00am - 8:20am	Breakfast
8:20am - 11:00am	5mts Shinay followed by TUN 1 –Gyu De Nga
11:00am -11:45	Trulkor
11: 45am - 12:00	Naro Chodruk Gyuncher
12:00 - 2:00pm	Lunch and Work period or Free time
2:00 - 4:30pm	5mts Shinay followed by TUN 2 –Gyu De Nga
4:30 - 6:00pm	Evening Tsokpa (Prayers)
6:00 - 6:15	Dinner
6:15 - 8:30	5mts Shinay, Dorje Purba followed by TUN 3 –Gyu De Nga
8:30 - 9:30	Concluding Rituals, Chod and Dewachen Monlam

- **Korlo Demchog**: Start Date: Nov 24<sup>th</sup>, 2013 - End Date: March 22<sup>nd</sup> 2014

- **Gyalwa Gyamtso**: Start Date: March 24<sup>th</sup>, 2014 - End Date: June 15<sup>th</sup> 2014

- **Chod Tsok**: Start Date: June 19<sup>th</sup>, 2014 - End Date: July 14<sup>th</sup> 2014

- **Lhashi**: Start Date: July 17<sup>th</sup> 2014 - End Date: Aug 26<sup>th</sup> 2014

- **Gyu De Nga**: Start Date: Aug 28<sup>th</sup>, 2014 - To Current

**Additional Practices:** Drup top (including once a month Gusul), Tsendreng (including once a month Gusul)

**Daily Gyuncher:** Dorje Pagmo, Demchok, Gyalwa Gyamtso, Naro Chodrak and Dorje Purpa.

Thank you again of this for wonderful opportunity and my heartfelt gratitude to Tsadra Foundation. And all funds received are used as specified in the grant contract. Please forward any questions to Lama Jamdron since I'm unable to receive any emails.

Sincerely,  
Aria Das

Kagyu Thubten Choling  
245 Sheafe Road  
Wappingers Falls, NY 12590