

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

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| 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 24th, 2013 - End Date: March 22nd 2014
- **Gyalwa Gyamtso**: Start Date: March 24th, 2014 - End Date: June 15th 2014
- **Chod Tsok**: Start Date: June 19th, 2014 - End Date: July 14th 2014
- **Lhashi**: Start Date: July 17th 2014 - End Date: Aug 26th 2014
- **Gyu De Nga**: Start Date: Aug 28th, 2014 - To Current

Additional Practices: Druptop (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