

The main program during the retreat of rGyal-wa sMan-ri sMan sGrub Chen Mo (Medicine Retreat).

Date	Programs
28th April 2020.	In the afternoon, in the presence of H.H. the 34 th Menri Trizin, H. E. Menri Ponlob Rinpoche and all the monks, nuns and lay people, the ransom effigy of the practitioners will be given away according to the ritual of mKha' klong Thar GludsNa Sel.
29th April 2020	In the morning, all the monks, nuns and lay people will go for procession. At the same time, the ritual of begging a land from the landlord spirit will be performed. In the afternoon, H.H. the Menri Trizin Rinpoche will give a preliminary initiation of rNam Dag and KlongrGyas.
1st May 2020	H.H. the Menri Trizin Rinpoche will give a formal initiation of rNam Dag and KlongrGyas.
3rd May 2020	In the morning from 9:00 am to 10:30 am, H.H. the Menri Trizin Rinpoche will give a teaching on the four reversal minds, the foundation of all the virtuous activities, to the Bonpolaity and foreign guests. In the afternoon from 3:00 pm to 4:30 pm, H.E. the Menri Ponlop Rinpoche will give a talk on the historic origin of sMens Grub and its benefits.
4th May 2020	Guests and the public are invited to join a tour to the Ratna Menling nunnery, and to know about the artifacts inside and surrounding environment.
5th May 2020	In the morning between 9:00 am and 10:30 am, H.H. the Menri Trizin Rinpoche will give a textual transmission of Khro wo rGyud Drug and an oral transmission of Khro wo Ngo mTsharrGyasPa'igZhung. In the afternoon from 3:00 pm to 4:30pm, H.E. the Menri Ponlop Rinpoche will give an oral transmission of gSangsNgags Lam Gyi 'Jug Chog.

<p>6th May 2020</p>	<p>H.H. the Menri Trizin Rinpoche and H.E. Menri Ponlop Rinpoche will visit the Medicinal laboratory, at which time the medicinal containers will be opened, and the medicines will be mixed, purified and finally ground into powder.</p>
<p>7th May 2020</p>	<p>In the morning from 9:00 am to 10:30 am, H.H.the Menri Trizin Rinpoche will give a teaching to the Dholanji’s people and the guests on how to practice the accumulation of merits according to the Tantric tradition. In the afternoon between 3:00 pm and 4:30 pm, H.E. Menri Ponlop Rinpoche will give an introduction to the origin and the biography of the successive Menri abbots, the spiritual heads of Yungdrung Bon.</p>
<p>9th May 2020</p>	<p>There is an exhibition of Bonpo ritual artifacts and religious costumes used in the Bonpo nine vehicles.</p>
<p>12th May 2020</p>	<p>The guests and the public are invited to join a tour to the Mu KhrifTsanpo research center, where an introduction to the five sciences will be provided.</p>
<p>13th May 2020</p>	<p>H.H. the Menri Trizin Rinpoche will be invited to the monastery and give the initiation of Kun bZang A dKar, sPyis Pung ZhiKhro, sMangZhung ‘odZer ‘Khyilba and Khrowo TshesGrub.</p>
<p>14th May 2020</p>	<p>In the morning, all the monks, nuns and lay people will go for procession. When it is finished, eight Geshes will recite the ‘auspicious verses’. At the sametime, medicine which have been blessed during the retreat will be distributed to the public. After the morning program, there will be a reception in the tent to celebrate the success of the sMans Grubre treat H.H. the Menri Trizin Rinpoche, H.E. Menri Ponlop Rinpoche and other dignitaries will deliver the speech. Following the speech, a banquet will be held for the guest and public. There will be also singing performance and many activities at the end of the programs.</p>