

VAJRAKILAYA GUTOR AND LOSAR DAY RETREAT SCHEDULE
February 3–9, 2016

SCHEDULE

February 3: Start of Vajrakilaya retreat

9:00 am: Retreat Prep

3:00 pm: Vajrakilaya practice with tsok

February 4 – 6

9:00 am: Daily practice and Vajrakilaya practice with Me-lay

3:00 pm: Vajrakilaya practice with Me-lay and Tsok

February 7: Gutor Day (Performing the Activities of Dispelling Negativities)

8:30 am: Daily practice and Vajrakilaya practice with Me-lay

2:00 pm: Vajrakilaya practice w/ Gutor ritual (burning the ritual tormas to remove negativities, etc.)

February 8: Tang-Rak Tsok Khor (Offering Gratitude Ganachakra) and Losar Preparation day

9:00 am: Vajrakilaya practice with tsok

3:00 pm: Preparation for Losar

February 9: Losar: Year of the Fire Monkey

8:30 am: **Lake Born Vajra puja** with **Orgyen Khandro Norlha** practice (long life and wealth empowerment) followed by tsok. We will take a break for lunch, followed by **Riwo Sang Chöd** sang-offering and raising **prayer flags**.

VAJRAKILAYA RETREAT MEALS

8:00 am: Breakfast / **7:30 am** February 7, 9

12:30 pm: Lunch (time may vary depending on end of session)

6:30 pm: Dinner (time may vary depending on end of session)