

VAJRAKILAYA GUTOR AND LOSAR DAY RETREAT AND EMPOWERMENT SCHEDULE
February 22 – March 2, 2014

February 22: Vajrakilaya Namchak Putri Empowerment

8:00 –8:30 am Breakfast
12:00 –12:30 pm Lunch
1:00 – 8:00 pm **Namchak Putri Empowerment** (approx 6-8 hours)
8:00 –8:30 pm Dinner

February 23: Start of Vajrakilaya retreat

9:00 am: Retreat Prep
3:00 pm: Vajrakilaya practice with tsok

February 24 – 27

9:00 am: Daily practice and Vajrakilaya practice
3:00 pm: Vajrakilaya practice with tsok

February 28: Gutor Day (Performing the Activities of Dispelling Negativities)

9:00 am: Daily practice and Vajrakilaya practice
3:00 pm: Vajrakilaya practice w/ Gutor ritual (burning the ritual tormas to remove negativities, etc.)

March 1: Tang-Rak Tsok Khor (Offering Gratitude Ganachakra) and Losar Preparation day

9:00 am: Vajrakilaya practice with tsok
3:00 pm: Preparation for Losar

March 2: Losar: Year of the Wood Horse

9:00 am: Lake Born Vajra puja with Khandro Norlha practice (long life and wealth empowerment) followed by tsok, and Riwo Sang Chöd sang-offering for raising prayer flags.

VAJRAKILAYA RETREAT MEALS

8:00 am: Breakfast
12:30 pm: Lunch (time may vary depending on end of session)
6:30 pm: Dinner (time may vary depending on end of session)