

Extremely Wrathful Black Hayagriva Retreat Schedule
Pema Osel Ling
June 21 – 27, 2019

June 21

8:00 – 8:30 am	Concise Ngondro with Tsok Khang Dechen
8:30 – 9:00 am	<i>Breakfast</i>
12:30 – 1:00 pm	<i>Lunch</i>
2:30 pm – 4:30 pm	Black Hayagriva Empowerment Preparation (restricted)
4:30 – 5:00 pm	<i>Dinner</i>
5:30 – 9:30 pm	Black Hayagriva Empowerment

June 22-26

6:30 – 8:30 am	Sa-Ter Ngöndro
8:30 – 9:00 am	<i>Breakfast</i>
9:30 am – 12:30 pm	Black Hayagriva Sadhana Practice and Teaching
12:30 – 1:00 pm	<i>Lunch</i>
2:30 – 7:00 pm	Black Hayagriva Sadhana with Tsok and Teaching
7:00 – 7:30 pm	<i>Dinner</i>

June 27 (Dakini Day)

7:00 – 7:30 am	Concise Ngöndro
7:30 – 8:00 am	<i>Breakfast</i>
8:30 am – 1:30 pm	Black Hayagriva Sadhana and Tsok
1:30 – 2:00 pm	<i>Lunch</i>
5:30 – 6:00 pm	<i>Dinner</i>