

**Tseyang Khatrod Retreat: Union of Long Life and Wealth Practices
Tsokye T'huk T'hik and Orgyen Khandro Norlha
Retreat Schedule**

May 26 - June 3, 2023

May 25, Thursday:

5:30 pm – 6:00 pm *Dinner (first meal of retreat)*

May 26, Friday: Buddha's Birthday

7:30 am – 9:00 am **Buddha Puja, Riwo Sangchod and Tsok**

9:00 am – 9:30 am *Breakfast*

10:00 am – 12:00 pm **Empowerment Preparation (Shrine Closed)**

12:00 pm – 12:30 pm *Lunch*

2:00 pm – 5:30 pm **Tsokye T'huk T'hik and Orgyen Khandro Norlha Empowerments**

5:30 pm – 6:00 pm *Dinner*

May 27, Saturday

8:00 am – 8:30 am *Breakfast*

9:00 am – 11:15 pm **Ngondro, Riwo Sangchod and Tseyang Khatrod Practice**

11:30 am – 12:30 pm **Oral Transmissions (*Lungs*) for Orgyen Khandro Norlha and Tsokye T'huk T'hik**

12:30 pm – 1:00 pm *Lunch*

2:30 pm – 5:30 pm **Tseyang Khatrod Practice, Dharmapalas and Tsok**

5:30 pm – 6:00 pm *Dinner*

May 28, Sunday to June 2, Friday

8:00 am – 8:30 am *Breakfast*

9:00 am – 11:15 pm **Ngondro, Riwo Sangchod and Tseyang Khatrod Practice**

11:30 am – 12:30 pm **Teachings**

12:30 pm – 1:00 pm *Lunch*

2:30 pm – 5:30 pm **Tseyang Khatrod Practice, Dharmapalas and Tsok**

5:30 pm – 6:00 pm *Dinner*

June 3, Saturday

8:00 am – 8:30 am *Breakfast*

9:00 am – 1:30 pm **Ngondro, Riwo Sangchod, Tseyang Khatrod Puja with Siddhis, Tsok and Treasure Vase Consecration**

1:30 pm – 2:00 pm *Lunch*

2:30 - 4:30 pm Mandala transformation and additional Dharma activities in the shrine

5:30 pm – 6:00 pm *Dinner (last meal of retreat)*