

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

May 14 - May 18, 2024

May 13, Monday

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

May 14, Tuesday: Buddha's Birthday

7:15 am – 9:00 am **Buddha Puja, Riwo Sangchod and Tsok starting at 7:15**

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 15, Wednesday

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 16, Thursday to May 17, 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*

May 18, 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*

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May 19, Sunday to May 20, Monday

8:00 am – 8:30 am *Breakfast*

9:00 am - 10:30 am *Daily Puja (Dorje Drolo on Sunday, Vajrasattva on Monday)*

10:30 am - 12:30 pm **Mandala transformation and additional Dharma activities in the shrine**

12:30 pm - 1:00 pm *Lunch*

1:30 pm - 5:30 pm **Mandala transformation and additional Dharma activities in the shrine**

5:30 pm - 6:00 pm *Dinner*

6:30 pm - ??? **Mandala transformation and additional Dharma activities in the shrine**