

100 Peaceful and Wrathful Deities (Shitro) with Neydren Ceremony

June 21-24, 2025 *Note Change of Dates

Retreat Schedule

Saturday, June 21

8 - 8:30 a.m.	<i>Breakfast</i>
9 a.m. - 1 p.m.	Ngondro, Riwo Sangchod and 100 Peaceful and Wrathful Deities (Shitro) Practice with Empowerment (Please bring your text)
1 - 1:30 p.m.	<i>Lunch</i>
3 - 6 p.m.	100 Peaceful and Wrathful Deities (Shitro) Practice with Empowerment Conclusion and Tsok
6 - 6:30 p.m.	<i>Dinner</i>

Sunday, June 22 and Monday, June 23

8 - 8:30 a.m.	<i>Breakfast</i>
9 a.m. - 1 p.m.	Ngondro, Riwo Sangchod and 100 Peaceful and Wrathful Deities (Shitro) Practice with Self-Empowerment
1 - 1:30 p.m.	<i>Lunch</i>
3 - 6 p.m.	100 Peaceful and Wrathful Deities (Shitro) Conclusion and Tsok
6 - 6:30 p.m.	<i>Dinner</i>

Tuesday, June 24

8 - 8:30 a.m.	<i>Breakfast</i>
9 a.m. - 1 p.m.	Ngondro, Riwo Sangchod and 100 Peaceful and Wrathful Deities (Shitro) Practice with Self-Empowerment
1 - 1:30 p.m.	<i>Lunch</i>
3 - 6 p.m.	100 Peaceful and Wrathful Deities (Shitro) Conclusion with Neydren and Burning of Names Ceremony and Tsok
6 - 6:30 p.m.	<i>Dinner</i>

Wednesday, June 25 and Thursday, June 26 (Drupchen Prep in the Shrine Room)

8 - 8:30 a.m.	<i>Breakfast</i>
9 - 10:30 a.m.	Shower of Blessings (Wednesday) or Vajrakilaya (Thursday) Daily Practice with Tsok
1 - 1:30 p.m.	<i>Lunch</i>
6 - 6:30 p.m.	<i>Dinner</i>