

# **Tseyang Khatrod Retreat**

## **Union of Long Life and Wealth Practices**

Tsokye T'huk T'hik and Orgyen Khandro Norlha

June 2 - 7, 2025

### **Retreat Schedule**

#### **June 1, Sunday**

5:30 - 6 p.m. *Dinner (first meal of retreat)*

#### **June 2, Monday - Empowerments and Oral Transmissions**

7:30 - 8 a.m. *Breakfast*  
8:30 - 10:30 a.m. Ngondro, Buddha Puja, Riwo Sangchod and Tsok  
10:30 a.m. - 12:30 p.m. Empowerment Preparation (Shrine Closed)  
12:30 - 1 p.m. *Lunch*  
2 - 5:30 p.m. Tsokye T'huk T'hik and Orgyen Khandro Norlha  
Empowerments and Oral Transmissions  
5:30 - 6 p.m. *Dinner*

#### **June 3 to 6, Tuesday to Friday**

8 - 8:30 a.m. *Breakfast*  
9 - 11:15 p.m. Ngondro, Riwo Sangchod and Tseyang Khatrod Practice  
11:30 a.m. - 12:30 p.m. Teachings  
12:30 - 1 p.m. *Lunch*  
2:30 - 5:30 p.m. Tseyang Khatrod Practice, Dharmapalas and Tsok  
5:30 - 6 p.m. *Dinner*

Vajrayana Foundation | Pema Osel Ling  
Summer Retreat 2025

**June 7, Saturday**

8 - 8:30 a.m.

*Breakfast*

9 - 1:30 p.m.

Ngondro, Riwo Sangchod, Tseyang Khatrod  
Puja with Siddhis, Tsok and Treasure Vase  
Consecration

1:30 - 2 p.m.

*Lunch*

2:30 - 5:30 p.m.

Mandala transformation and additional  
preparation activities in the shrine

5:30 - 6 p.m.

*Dinner*