

**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 26, Friday: Buddha's Birthday

7:30 am – 9:00 am	Buddha Puja, Riwo Sangchod and Tsok
9:00 am – 9:30 am	<i>Breakfast</i>
10:00 am – 2:00 pm	Empowerment Preparation (Shrine Closed)
1:00 pm – 1:30 pm	<i>Lunch</i>
2:30 pm – 6:30 pm	Tsokye T'huk T'hik and Orgyen Khandro Norlha Empowerments
6:30 pm – 7:00 pm	<i>Dinner</i>

May 27, Saturday

7:00 am – 8:30 am	Daily Khandro T'huk T'hik Puja with Ngondro, Riwo Sangchöd and Tsok Khang Dechen
8:30 am – 9:00 am	<i>Breakfast</i>
9:30 am – 12:30 pm	Oral Transmissions (<i>Lungs</i>) for Orgyen Khandro Norlha, Tsokye T'huk T'hik & additional texts
12:30 pm – 1:00 pm	<i>Lunch</i>
2:30 pm – 6:00 pm	Tseyang Khatrod Practice with Tsok
6:00 – 6:30 pm	<i>Dinner</i>

May 28, Sunday to June 2, Friday

7:00 am – 8:30 am	Daily Puja with Ngondro, Riwo Sangchöd and Tsok Khang Dechen
8:30 am – 9:00 am	<i>Breakfast</i>
9:30 am – 11:30 am	Tseyang Khatrod Practice
11:30 am – 12:30 pm	Teachings
12:30 pm – 1:00 pm	<i>Lunch</i>
2:30 pm – 6:00 pm	Tseyang Khatrod Practice with Tsok
6:00 pm – 6:30 pm	<i>Dinner</i>

June 3, Saturday

7:00 am – 8:30 am	Daily Khandro T'huk T'hik Puja with Ngondro, Riwo Sangchöd and Tsok Khang Dechen
8:30 am – 9:00 am	<i>Breakfast</i>
9:30 am – 1:30 pm	Tseyang Khatrod Puja with Siddhis, Tsok and Treasure Vase Consecration
1:30 pm – 2:00 pm	<i>Lunch</i>
6:00 pm – 6:30 pm	<i>Dinner</i>