

**Pema Osel Ling 2022 Summer Retreat:
Shitro Ngakso and Neydren Retreat June 24 - 27**

Schedule

Friday, June 24

7-8:30 <i>Puja</i>	Tsokye T'huk T'hik Daily Puja and Tsok
8:30 <i>pm</i> – 9:00 <i>pm</i>	<i>Breakfast</i>
9:00 am – 12:30 am	Empowerment Preparation (Shrine Closed)
12:30 <i>pm</i> – 1:00 <i>pm</i>	<i>Lunch</i>
2:00 pm – 6:00 pm	100 Peaceful and Wrathful Deities (Shitro) Empowerment (<i>Wang</i>)
6:00 – 6:30 <i>pm</i>	<i>Dinner</i>

Saturday, June 25 to Sunday, June 26

7:00 <i>am</i> – 7:30 <i>am</i>	<i>Breakfast</i>
8:00 am – 12:30 am	Shitro Ngakso Sadhana
12:30 <i>pm</i> – 1:00 <i>pm</i>	<i>Lunch</i>
2:30 pm – 6:30 pm	Shitro Ngakso Sadhana and Tsok
6:30 – 7:00 <i>pm</i>	<i>Dinner</i>

Monday, June 27

7:00 <i>am</i> – 7:30 <i>am</i>	<i>Breakfast</i>
8:00 am – 12:30 am	Shitro Ngakso Sadhana
12:30 <i>pm</i> – 1:00 <i>pm</i>	<i>Lunch</i>
2:30 pm – 6:30 pm	Shitro Ngakso Sadhana with Neydren and Tsok
6:30 – 7:00 <i>pm</i>	<i>Dinner</i>

Tuesday, June 28 to Thursday, June 30:

Seven Treasures Guru Rinpoche Drupchen Preparation

7:00 <i>am</i> – 7:30 <i>am</i>	<i>Breakfast</i>
8:00 am – 9:30 am	Daily Puja with Ngondro
12:00 <i>pm</i> – 12:30 <i>pm</i>	<i>Lunch</i>
5:30 – 6:00 <i>pm</i>	<i>Dinner</i>