

**Shitro Ngakso with Neydren Retreat Schedule**  
**Pema Osel Ling**  
**June 28 – 30, 2019**

**June 28-29**

7:00 – 7:30 am	<i>Breakfast</i>
8:00 – 12:30 pm	<b>Concise Ngondro and Shitro Session</b>
12:30 – 1:00 pm	<i>Lunch</i>
2:00 – 7:00 pm	<b>Shitro-Neydren Ceremony with Tsok</b>
7:00 – 7:30 pm	<i>Dinner</i>

**June 30**

7:00 – 7:30 am	<i>Breakfast</i>
8:00 – 12:30 pm	<b>Concise Ngondro and Shitro Session with Neydren</b>
12:30 – 1:00 pm	<i>Lunch</i>
2:00 – 7:00 pm	<b>Shitro-Neydren Ceremony with Tsok</b>
7:00 – 7:30 pm	<i>Dinner</i>
7:30 pm on	Drupchen Preparations at Shrine Room

**Drupchen Preparation (July 1-2)**

8:00 – 9:15 am	<b>Concise Ngondro with Daily Practice and Tsok</b>
9:15 – 9:45 am	<i>Breakfast</i>
10:00 am – 1:00 pm	Drupchen Preparations at Shrine Room
1:00 – 1:30 pm	<i>Lunch</i>
2:00 – 5:30 pm	Drupchen Preparations at Shrine Room
5:30 – 6:00 pm	<i>Dinner</i>
6:00 pm on	Drupchen Preparations at Shrine Room