

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

**Schedule**

**Friday, June 24**

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

**Saturday, June 25 to Sunday, June 26**

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

**Monday, June 27**

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

**Tuesday, June 28 to Thursday, June 30:**

**Seven Treasures Guru Rinpoche Drupchen Preparation**

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