

**100 Peaceful and Wrathful Deities (Shitro) Retreat Schedule
June 15 – 17, 2023**

Thursday, June 15

8:00 am – 8:30 am	<i>Breakfast</i>
9:00 am – 1:00 pm	Ngondro, Riwo Sangchod and 100 Peaceful and Wrathful Deities (Shitro) Empowerment
1:00 pm – 1:30 pm	<i>Lunch</i>
3:00 pm – 6:00 pm	100 Peaceful and Wrathful Deities (Shitro) Empowerment (conclusion)
6:00 pm – 6:30 pm	<i>Dinner</i>

Friday, June 16

8:30 am – 9:00 am	<i>Breakfast</i>
9:30 am – 1:00 pm	Ngondro, Riwo Sangchod and 100 Peaceful and Wrathful Deities (Shitro) Puja
1:00 pm – 1:30 pm	<i>Lunch</i>
3:00 pm – 5:30 pm	100 Peaceful and Wrathful Deities (Shitro) Puja and Tsok
5:30 pm – 6:00 pm	<i>Dinner</i>

Saturday, June 17

8:30 am – 9:00 am	<i>Breakfast</i>
9:30 am – 1:00 pm	Ngondro, Riwo Sangchod and 100 Peaceful and Wrathful Deities (Shitro) Puja
1:00 pm – 1:30 pm	<i>Lunch</i>
3:00 pm – 6:30 pm	100 Peaceful and Wrathful Deities (Shitro) Puja, Neydren and Tsok
6:30 pm – 7:00 pm	<i>Dinner</i>

Sunday, June 18 and Monday, June 19 Summer Retreat Preparation Days

8:00 am – 9:30 am	Daily Puja with Ngondro, Riwo Sangchod and Tsok
9:30 am – 10:00 am	<i>Breakfast</i>
10:00 am – 1:00 pm	Drupchen Preparation in the Shrine Room
1:00 pm – 1:30 pm	<i>Lunch</i>
1:30 pm – 5:30 pm	Drupchen Preparation in the Shrine Room
5:30 pm – 6:00 pm	<i>Dinner</i>