

100 Peaceful and Wrathful Deities (Shitro) Retreat Schedule
June 7 – 8, 2024

Friday, June 7

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>

**Please bring your texts to the Empowerment.*

Saturday, June 8

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, Neydren and Tsok
5:30 pm – 6:00 pm	<i>Dinner</i>

Sunday, June 9 Seven Treasures 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	Seven Treasures Retreat Preparation in the Shrine Room
1:00 pm – 1:30 pm	<i>Lunch</i>
1:30 pm – 5:30 pm	Seven Treasures Retreat Preparation in the Shrine Room
5:30 pm – 6:00 pm	<i>Dinner</i>