



Dolpo Tulku Rinpoche

Yoga for Inner Growth 2

Self-Awareness Yoga and Namchö Tsa Lung Gagsel Exercises

Retreathaus Berghof

30th of May to 2nd of June 2019

This course will continue the Namchö Tsa Lung Yoga and Gagsel exercises. Together with Dolpo Tulku Rinpoche and in tutor-led sessions we will practice the exercises to increase our fluidity and efficiency as well as engage in group sessions, where we can exchange our experiences and ask questions. There will also be further teachings by Dolpo Tulku Rinpoche.

Applying gentle movements, breathing and inner observation, the Yoga of Self-awareness harbors the benefits of deep physical and mental relaxation, preparing us for meditation or mindfulness practices.

The Namchö Tsa Lung Gagsel Exercises revealed by Tertön Mingyur Dorje at the age of 13 during the mid 17th century, apply energetic movements, the vocalization of syllables and use of controlled breathing.

Dolpo Tulku Rinpoche will teach about the subtle energy body that is purified by practicing the Yoga & Gagsel exercises as we progressively release our negative emotions from our system. In particular, he will explain the outer & inner winds as well as the tigles (essences) and thus help us understand, how they connect to the five elements in our body and the five primordial wisdoms, that ultimately are revealed in meditation.

Arrival: Thur, May 30th at 4 p.m.; reception & introduction about 6 p.m.

Departure: Sun, June 02nd after morning practice, about 1 p.m.

Expenses: The seminar costs are **130 Euro / 110 Euro reduced**. People with financial capacities are invited to donate 10 Euro extra. With this money we try to support people with less financial freedom to enable their participation.

For people without financial resources there is the possibility to remit participation fee after a verification by Dolpo Tulku e.V. and Rinpoche himself. In exchange we ask for assistance during the retreat.

There will be extra costs for **exercise materials** of about **7 Euro**. Furthermore we want to point out that retreat costs only cover our expenses (travel costs for teachers/translators, space rent, preparation, text creation). Not included are financial compensation for Rinpoche and his translator. Traditionally the buddhist teacher as well as his translator do not receive a salary in the common sense, but rely on donations to make their living. To acknowledge their effort, it would be nice, if participants could bring a certain amount. Thank you very much!

As the number of participants is limited, please register as soon as possible. Please transfer the **participation fee by April 30th 2019 at the latest to the account of Dolpo Tulku e.V.** Only after receipt of payment we can bindingly confirm your participation.

Account: *Dolpo Tulku e.V., Stadtparkasse München,
Kto. 100 199 5404, BLZ 701 500 00
IBAN DE82 7015 0000 1001 9954 04 / BIC SSKMDEMMXXX*

Registration & contact: Carmen Schaub, carmen@dolpotulku.org

Withdrawal: For cancellation up to 8 days before the beginning of the retreat we claim a contribution for administration costs of 75 Euro.

Borad & Lodging (vegetarian full board): please book directly at **Retreathaus Berghof**.

Usage of meditation and seminar room: 13 Euro per person/day

Retreathaus Berhof e.V.: Am Berg 1, 63831 Wiesen (Spessart)

Tel. 0157 38567002 or 0163 1786582

E-Mail: office@retreathaus-berghof.de, www.retreathaus-berghof.de

Like most traditional retreat houses, Berghof depends on its visitors assistance (so costs can be held as low as possible). Therefore every participant is asked to contribute about 45 to 60 min per day, assisting in everyday work in the kitchen and house. Of course these periods are adapted to our retreat schedule.

Bring: Own cushion or stool, seat pad, yoga mat, scarf for meditation sessions (if needed), slippers, comfortable and warm cloth for chilly days, personal toiletries, torch.

Towels, bed covers and linen are available at extra charge. Some cushions, yoga mats and chairs are available at Retreathaus Berghof.

Liability: Participation in this retreat is at your own responsibility. The organizer, Dolpo Tulku e.V., as well as the instructor shall accept no liability for any personal injury and damage to property, caused on the occasion of course participation. Intensive meditation retreats are often not suitable for people with a history of psychiatric illness. In case of doubt we ask for consultation in advance.