



DOLPO TULKU RINPOCHE

Essentials for Meditation (Theory & Practice)

Sun 31th of January

2:00 – 5:00 pm (CET) incl. short break

As the world political situation is becoming increasingly unreliable, there seems to be less to depend on in everyday life, yet our pace of life continues to escalate. In these challenging times we often long for a peaceful, grounded and relaxed state of mind. Meditation is a method to achieve this.

However, meditation should not be understood as an escape from this hectic world, but rather as a method that enables us to face the uncertainties and challenges of this age with relaxation and openness.

Dolpo Tulku Rinpoche will speak about the basics of meditation, what real meditation can achieve, if practiced regularly, and will introduce various meditation exercises that can easily be adopted.

In this way we experience how meditation can help us face the challenges of everyday life more calmly and as a result we can open our hearts to the suffering and needs of others.

The seminar is for everyone interested, for beginners as well as those already familiar with meditation.

Course language: English with simultaneous translation into German

Registration & Contact: carmen@dolpotulku.org

Technical requirements: The online sessions will take place via Zoom. Zoom is a fairly user-friendly online meeting program that allows participation via computer, tablet or smartphone. Under the following link you will find instructions on how to join a meeting and the possibility to test the connection with Zoom:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

There is also the possibility to dial in free of charge via telephone if you don't have internet, but then without video.

If you have any questions or technical problems please contact Carmen:
carmen@dolpotulku.org

Expenses: In order to appreciate the efforts of Dolpo Tulku Rinpoche and his translators and tutors, as well as to compensate for the organizational effort of the Dolpo Tulku e.V., we ask for a contribution of a self-chosen amount.

Please transfer the course fee to the account of the Dolpo Tulku e.V. or send it to us via Paypal.

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

Paypal: www.paypal.me/dolpotulkuev

Liability: Participation in this retreat is at your own risk. The organiser, 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.