



# DOLPO TULKU RINPOCHE

## Pranayama Beginners Class

Bring your body and mind together through breathing exercises

*Saturday 31<sup>st</sup> of July 2021,*

*10:00 am – 1:00 pm CET (incl. break)*

*4:00 pm – 7 pm M'asia time*

In this sessions Dolpo Tulku Rinpoche will teach easy to learn combinations of different breathing exercises (Pranayama) which can be implemented and applied in everyday life without much effort. These powerful exercises from the Indian and the Nam Chö tradition address subtle areas where blockages often reside and help us release stress and built-up emotions.

Dolpo Tulku Rinpoche was trained in both, the Indian and the Nam Chö Tsa Lung tradition at Namdroling Monastery, South India.

There is an ongoing monthly Pranayama Class with Dolpo Tulku Rinpoche, which you are welcome to join after this Beginners Course.

**Course language:** English (if you need translation, please contact us!)

**Registration & Contact:** [carmen@dolpotulku.org](mailto: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](mailto: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: *Pranayama**

**Paypal:** [www.paypal.me/dolpotulku](http://www.paypal.me/dolpotulku)

**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.