



DOLPO TULKU RINPOCHE

Pranayama Retreat ONLINE

Bring your body and mind together through breathing exercises

Fri 12 November - Sun 14 November 2021

Dolpo Tulku Rinpoche will teach easy to learn combinations of different breathing exercises (Pranayama) which can easily be implemented and applied in everyday life. These powerful exercises from the Indian and the Nam Chö Yoga traditions address subtle areas where blockages often reside and help us release stress and built-up emotions. Applying gentle movements, breathing and inner observation, the Pranayama Exercises harbor the benefits of deep physical and mental relaxation, preparing us for meditation or mindfulness practices.

Together with Dolpo Tulku Rinpoche and in tutor-led sessions we will practice the exercises to increase our flexibility and breathing 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.

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

Course language: English with German translation

Registration & Contact: carmen@dolpotulku.org

Schedule:

FRIDAY 12 & SATURDAY 13 November 2021

6:45 am – 7:45 am (CEWT)	PRANAYAMA / YOGA
10 am – 12 pm (CEWT)	TEACHING (including short break)
3 pm – 5 pm (CEWT)	TEACHING (including short break)

SUNDAY 14 November 2021

6:45 am – 7:45 am (CEWT)	PRANAYAMA / YOGA
10 am – 12 pm (CEWT)	TEACHING (including short break)

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 access, 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 SSKMDEMXXX

*Purpose of payment: **Pranayama Retreat ONLINE***

Paypal: www.paypal.me/dolpotulku

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