



DOLPO TULKU RINPOCHE

Pranayama Retreat

Bring your body and mind together through breathing exercises

Hof Kuppen, Windeck-Halscheid (near Cologne)

Thu 11 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

Arrival: Thu. November 11 - reception & introduction about 6 p.m. -

Departure: Sun. November 14 - after morning practice, about 2 p.m.

Expenses: The seminar costs are **150 EUR / 120 EUR reduced (for members, students, unemployed or retired people)**.

People with the financial capacity are invited to donate 10 Euros 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 reduce participation fee after verification by Dolpo Tulku e.V. and Rinpoche himself. In exchange we ask for assistance during the retreat.

Furthermore we want to point out that retreat costs only cover our expenses (travel costs for teachers/translators, space rent, preparation, text creation). To acknowledge the effort of Dolpo Tulku Rinpoche and his translator, it would be nice, if participants could bring a certain amount as Dana. Thank you very much!

As the number of participants is limited, please register as soon as possible. Please transfer the **participation fee no later than 01st of November 2021 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 SSKMDEMXXX

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

Paypal: www.paypal.me/dolpotulkuev

Withdrawal: For cancellations of up to 8 days before the beginning of the retreat, we claim a contribution for administrative costs of 50 % of the seminar fee.

Venue: Hof Kuppen, Auf dem Kuppen 8, 51570 Windeck,

E-Mail: email@hof-kuppen.de, Tel: +49 (0) 2292 911423

Board & Lodging: Please book directly at Hof Kuppen

<https://seminarhaus.wixsite.com/hof-kuppen/unterkuenfte-verpflegung?lang=en>

Arrival:*By car:*

Please contact Hof Kuppen if you have problems finding our place by GPS or if you need a detailed location plan.

Upon arrival, please make sure to park your car in front of the house to the right with the house number 8 (Hof Kuppen). Do not drive up to the parking lot next to the house on the left, since this is a retreat center which is closed to outside visitors at the moment.

By public transport:

The nearest bigger train station is Cologne Main Station. From there you can take either the Regional Express (RE, direction Siegen) or the S-Bahn (S12, direction Au) which will take about one hour. From Au you can take a taxi (about 12 Euros). By arrangement and (for larger groups at previously announced times) Hof Kuppen offers a pick-up service from Schladern train station. Please contact Andreas Basigkow for further information: email@hof-kuppen.de

Departure: The last session on Sunday will end around 1 pm - if you like you can stay for lunch.

Karma yoga: Like most traditional retreat houses, Hof Kuppen 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 minutes per day, assisting in everyday work in the kitchen and around the house. Naturally, these periods are adapted to our retreat schedule.

Bring: your own cushion or stool, yoga mat, slippers, comfortable clothes for yoga and meditation, personal toiletries, insect protection, a torch, bed linen are available at extra charge.

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.