



DOLPO TULKU RINPOCHE

The Skiing Monk

Fearlessness and Self-confidence

Sun November 29 2020, 3:00 – 5:00 pm (CET)

During his visit to the USA in early 2017 in Santa Fe, Dolpo Tulku Rinpoche learned how to ski in only four days and was accompanied by a camera.

With the help of this video, Rinpoche will explain how we can use the skilful means of meditation in our daily lives to become more fearless, to believe in ourselves and to free ourselves from what others think of us.

Course language: English with simultaneous German translation

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: **The Skiing Monk***

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.
