



DOLPO TULKU RINPOCHE

NAMCHÖ TSA LUNG YOGA Preliminary Exercises and Empowerment

**Retreathaus Berghof
Tue 22nd of June – Sun 27th of June 2021**

Dolpo Tulku Rinpoche will begin a new cycle of Tsa Lung teachings and practices in line with the Namchö tradition this year.

Rinpoche will give essential instructions on the practice of Tsa Lung Guru Yoga, which includes all preparatory exercises (Ngöndro).

In the following years, Rinpoche will continue to introduce his students to the specific exercises of the Namchö Tsa Lung cycle. These exercises are a Buddhist form of yoga, which specifically works with the energies, subtle paths and essences of the body and is also known as Tummo, the inner heat of bliss.

Every morning, Dolpo Tulku Rinpoche will teach and practice simple yet effective yoga and breathing exercises (pranayama) to promote the body's energy flow and suppleness. This easy-to-learn combination of different exercises helps to release blockages, reduce stress and let go of built-up emotions. It can be easily implemented in everyday life and serves as preparation for the tummo exercises that Rinpoche will teach in the following years.

At the end of the retreat, Dolpo Tulku Rinpoche will grant the Tsa Lung empowerment, which is a prerequisite for further instruction in this cycle.

This empowerment is suitable:

1) to students who have already started the Tsa Lung Guru Yoga cycle in recent years and have the firm intention to practice under Dolpo Tulku Rinpoche's direction in the long term - **without this empowerment it will not be possible to learn the subsequent practices in the Tsa Lung and Tummo tradition.**

2) to everyone who wants to learn the Tsa Lung cycle under Rinpoche's guidance in the future.

3) to all who have already received this authorization and would like to receive it again (is not required).

Donation (Dana) to Dolpo Tulku Rinpoche: As a thank you for the empowerment, we traditionally make a donation in an envelope to Dolpo Tulku Rinpoche and offer a katak, a white scarf symbolising our pure motivation.

Arrival: Tue, June 22nd – from 4 p.m. - introduction at 6:00 p.m.

Departure: Sun, June 27th - after morning practice, about 2 p.m.

Expenses: The seminar costs **210 EUR / 170 EUR reduced (for members, students, unemployed or retired people)**. *Czechs and Slovaks please contact us for price reduction.*

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.

For all those who do not yet have texts, there will be extra costs for **practice materials** of about **15 Euros**.

Furthermore we want to point out that retreat costs only cover our expenses (travel costs for teachers/translators, preparation, text creation, organisation).

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!

Please transfer the **participation fee no later than June 15th 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 DE22 7015 0000 1001 9954 04 / BIC SSKMDEMXXX
Purpose of payment: **Tsa Lung 2021***

Paypal: www.paypal.me/dolpotulkuev

Registration & Contact: Carmen Schaub, carmen@dolpotulku.org

Language: English with German translation

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:

Retreathaus Berghof e.V.

Am Berg 1, 63831 Wiesen (Spessart)

Tel. +49 1520 5427123

E-Mail: office@retreathaus-berghof.de, www.retreathaus-berghof.de

Please use this Link to register at Retreathaus Berghof:

<http://rajo24.dnshome.de:8080/fmi/iwp/cgi?-db=Berghof%20Buchung&-oadframes>

Borad & Lodging (vegetarian full board)

Please book directly at Retreathaus Berghof.

Sponsoring of meals: It is said to be meritorious to sponsor food for the practitioners during a retreat on behalf of sick or deceased people. At the beginning we will announce how many practitioners we are and how much a

meal will cost. There will be a list where people can fill in how much they want to donate.

Karma yoga: Like most traditional retreat houses, Berghof e.V. 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: Texts (if you have), your own cushion or stool, yoga mat, slippers, comfortable clothes for yoga and meditation, personal toiletries, 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.