



Dolpo Tulku Rinpoche

Tsa Lung Guru Yoga Retreat with Dolpo Tulku Rinpoche

16. to 20. May 2018

Dolpo Tulku Rinpoche starts a new cycle of tsa lung teachings and practices according to the Namchö tradition this year. During this first part we learn the Tsa Lung Guru Yoga practice, which encompasses all the preliminary practices, but concentrates on Guru Yoga to first of all establish a connection to the practice. Rinpoche additionally teaches yoga on a daily basis to strengthen the body and make it more flexible for the exercise this we will learn later. In the following years we will gradually start to learn the tsa lung exercises, part of tummo - the blissful inner heat.

Prerequisite for the attendance: Some knowledge of Buddhism as such and meditation practice; preferably in Vajrayana practices

Attendance fee: 180 Euro / 140 Euro concession for unemployed et cetera. If you wish, you can also give a few Euros extra to help cover the attendance of people in real financial difficulties. Additionally we will charge €10 for prayer texts. These fees cover the running costs of the retreat and do not include anything for Rinpoche or translation. Donations for this purpose can be given during the retreat.

To take: if possible a yoga mat, comfortable clothes for yoga and meditation, a sleeping bag or a duvet, pillow, bed linen and sheets, toiletries, towels, warm socks, a meditation shawl, insect repellent

Venue: Khordong, Darnków 18, 57-343 Lewin Kłodzki

<https://khordongweb.wixsite.com/khordong-pl-eng>

There are different rooms available, all for several people between 2 to 5. Some are located in the temple and some in an adjacent house. It is also possible to bring one's own tent.

Arrival: Bus/Train/Flight: The easiest option is to arrive in Prague at 1 pm at the latest and we will organise a transfer to Khordong, so we can participate in the first session at 6 PM. We are still determining what mode of transport is best.

Car: Google Maps and please arrive so you can participate in the first session at 6 PM

Departure: Bus/Train/Flight: after lunch we will again leave as a group to Prague to then go home from there, so we will arrive in Prague at 5 pm

Car: you can leave after the morning session around 12:30 pm or if you want, you can still have lunch with us and leave around 2 pm

Accommodation fees incl. three meals for four days per person (to be paid at Khordong):

- 1) Room in the Tempel: ca. 90 Euro
- 2) Room in the adjacent house: ca. 72 Euro
- 3) Tent: ca. 68 Euro

Sponsoring of meals: It is said to be very meritorious to sponsor a meal for participants of such an intensive practice retreat, especially in the name of somebody who has passed away or who is very sick. At the beginning of the retreat we will calculate how much each meal costs and put out a list where you can write down your name, if you want.

Registration: Please register for the retreat as well as the accommodation at
VAJRA14@SEZNAM.CZ

Karmayoga: Like in most retreat places it is also the custom in Khordong to help out with daily chores like cleaning the dishes, helping out in the kitchen and so on, to keep the costs as low. Every participant will spend around 45 minutes a day with these duties. Of course they will not interfere with our practice sessions.

Disclaimer: The attendance of this retreat is everyone's own responsibility. The organisers and people leading the retreat will not take on any responsibility for personal or material damages caused by any of the participants. An intensive meditation retreat might not be appropriate for people with a history psychological or up psychiatric illnesses. In case of doubt, please get in touch with us.