

Dolianova (Cagliari) 18-20 May 2012

RETREAT OF TEACHINGS

THIRD CHAPTER OF THE GYALWA CHAKTRI OF THE DZOGCHEN CYCLE

**DIRECT INTRODUCTION TO THE NATURAL STATE OF
MIND**

Led by: **Geshe Gelek Jinpa**

Teacher at the Triten Norbutse Bonpo monastery, Kathmandu, Nepal

Cost of the retreat: 110 euro

DAILY PRACTICE SCHEDULE

7.00 – 8.30	<u>Sang offering</u> - <u>EXCEPT THE FIRST MORNING (18TH OF MAY)</u>
8.45	-breakfast
9.30 – 12.30	<u>-explanation and practice</u>
13.00	-lunch
14.30-16.00	<u>-explanation and practice</u>
16.00 -16.30	<u>Sur offering</u>
16.30	-break
16.45-18.00	<u>-explanation and practice</u>
18.30	<u>Chöd</u>

Please bring you own cushion or mat

**The retreat will be held in a wonderful location in the mountains of Sardinia.
Full/part board and excellent food will be provided by:**

Sa Colonia Dolianova cap. 09041 Cagliari -Località Santu Miali-

<http://www.sacolonias.it/>

Board and lodging costs:

- double room with full board € 50,00
- triple and quadruple rooms with full board €45,00
- for those who stay in external structures
(breakfast € 3,00 - lunch € 16,00 - dinner € 16,00)

All extras are payable upon consummation.

Please notify your preference for vegetarian meals at the time of booking.

Since the availability of beds is limited on the site of the retreat, the registration date will prevail.

For reservations and questions, please contact:

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