



Dolianova (Cagliari) 09-11 MAY 2014

RETREAT OF TEACHINGS AND PRACTICE

Led by: **KHENPO GELEK JINPA**

Teacher at the Triten Norbutse Bonpo monastery, Kathmandu, Nepal

FIFTH CHAPTER OF THE GYALWA CHAKTRI OF THE DZOGCHEN CYCLE

Rkyen lam du slong ba tsal sbyong spyod pa'i khrid

INSTRUCTIONS ON CONDUCT: HOW TO TRAIN IN PURIFYING THE SECONDARY CAUSES ARISING ON THE PATH

Spyod khrid/ Instructions on Conduct

Three sections:

1. How to integrate activities and circumstances with the Natural State during this lifetime.
2. How to integrate with the Natural State during the dying process. (Includes teachings on Phowa).
3. How to integrate with the Natural State in Bardo

During the retreat Khenpo Gelek will give instructions on Thrulkor (yoga exercises) from ZHANG ZHUNG NYEN GYUD. These are quite energetic so please bring a full length yoga mat.

Cost of the retreat: 100 euros

DAILY PRACTICE SCHEDULE

7.30 - 8,30	Sang offering - EXCEPT THE FIRST MORNING (9th MAY)
8,45	Breakfast
9.30 – 12.30	Explanation
13,00 -	Lunch
14,30 -16,00	Explanation
16,00	Sur offering
16,30	Break
16,45 - 18,00	Explanation
18,30	Chöd

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, such as coffee, are payable upon consummation.

Please notify your preference for vegetarian meals when you book.

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

For reservations and questions, please contact:

simonettacisci@gmail.com -cell: (+39)3295606542;