

Dolianova (Cagliari) 8-12 June, 2011

EXPERIENTIAL SKY GAZING RETREAT WITH THÖGAL

Led by: **Geshe Gelek Jinpa**
Teacher at the Triten Norbutse Bonpo monastery, Kathmandu, Nepal

Cost of the retreat: 150 euro

DAILY PRACTICE SCHEDULE

7.00 – 8.30	<u>Sang offering</u> and first meditation session
8.45 - 10.00	breakfast
10.00 – 11.30	<u>second meditation session</u>
11.30 – 13.00	<u>discussion of experiences arising during meditation</u>
13.00 – 15.00	lunch break
15.00 -16.30	<u>third meditation session</u>
16.30	<u>Sur offering</u>
17.00 – 17.30	break
17.30 – 19.00	<u>fourth meditation session</u>
19.00	<u>Chöd</u>

Those wishing to take part in the retreat must have received the relevant instructions and transmissions

Geshe Gelek has requested that all participants should attend all practice sessions every day

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.

A deposit of € 100.00 is required upon registration to confirm your room reservation. For further details contact Angelo Ghiani e-mail address:

angeloghiani1@yahoo.it

If you have any questions, please contact:

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