

# Lama Sangye Monlam's Teaching in Prague

Dear friends, you are very welcome to attend these upcoming precious teachings with a respected teacher Lama Sangye Monlam in the beautiful city of Prague.

11. - 13.7. 2014	morning	afternoon	evening
Friday			17.00 - 19.00 about „chod“ 19.00 - 19.15 „chod“
Saturday	10.00 - 12.45 (with a break)	15.15 – 18.00 (with a break)	18.00 -18.15 „chod“
Sunday	10.00 - 12.45 (with a break)	15.15 – 18.00 (with a break)	18.00 -18.30 conclusion

## Topic:

- guru yoga
- refuge
- bodhicitta

The teaching will be based on Shardza Tashi Gyaltsen's text "Kalung Gyatso" for Atri Ngondro.

## Location:

Studio Itaka, Korunní 35, Praha 2.

The studio is located near the center, close to the metro station Náměstí Míru (green line – A), 1 stop from there by tram 10, 16 (to Šumavská stop). The pink building is right in front of the stop. Ring the bell Itaka- recepcce.

From the bus station: take the metro line C (the red one) – it is the station Florenc and go to the station I.P.Pavlova. Get off and take tram 10,16 on the side where KFC is, get off at the second stop (Šumavská).

From the railway station: take the metro line C (the red one) – it is the station Hlavní nádraží and go to the station I.P.Pavlova. Get off and take tram 10,16 on the side where KFC is, get off at the second stop (Šumavská).

**Cost:** 60 EUR

We will cover our costs with 20 people attending.

## Accommodation in Prague:

You can stay at the studio overnight, for 5 EUR/night. You need a sleeping bag. There are thin mats available but if you have your own it is better if you bring it. The studio have showers.

Or, you can find nice and cheap accomodation here: <https://www.airbnb.com/>

## Language:

Teaching will be in Tibetan, interpreted into English, and we are considering translating into Czech as well.

## Transport from Vienna:

Very good bus lines, company Student Agency (but it is not for students only), comfortable buses with wifi, at this site: <http://www.studentagency.eu/>.

You will find this:

Friday 11/07/14				Monday 14/07/14			
Dep.	Arr.	Changes	Free seats	Dep.	Arr.	Changes	Free seats
06:40	11:30	-	55	03:30	08:10	-	53
08:40	13:30	-	41	06:30	11:20	-	57
10:40	15:30	-	44	08:30	13:20	-	53
13:40	18:30	-	45	10:30	15:20	-	47
15:40	20:30	-	56	12:30	17:20	-	52
17:40	22:30	-	59	14:30	19:20	-	59
19:40	00:30	-	54	16:30	21:20	-	58
22:40	03:30	-	55	23:55	04:35	-	57

  

Saturday 12/07/14				Tuesday 15/07/14			
Dep.	Arr.	Changes	Free seats	Dep.	Arr.	Changes	Free seats
04:40	10:15	1	1	03:30	08:10	-	50
06:40	11:30	-	49	06:30	11:20	-	57
08:40	13:30	-	51	08:30	13:20	-	44

You can see there is a connection at 8.40 or 10.40 on Friday July 11 and it costs 18 EUR, the same price (17 EUR) is for the return ticket on Monday 14.

You can also go by train.

## Transport from Budapest:

the same bus lines connect Budapest to Prague as well. Please check here: <http://www.studentagency.eu/>. You can see there is a connection on July 11 at 6.00 - arriving at 13.30, or at 9.30, arriving at 17.00 (but there seem to be only few places left) The price is 23 EUR one way.

You can also go by train.

## Registration:

To register and for more advice or information, please write to: [jitka.polanska@gmail.com](mailto:jitka.polanska@gmail.com). You can also skype me at j.polanska, or call me at +420 602 233 774, and I am also on FB.