

Dear friends,

On behalf of Mindrolling International we are delighted to announce a five week intensive retreat at Mindrolling Monastery, which will take place from January 15th to February 21st 2017.

This retreat will be an opportunity for practitioners to strengthen their practice within the supporting framework of a silent sessions retreat in the sacred environment of the Mindrolling Monastery. Her Eminence Mindrolling Jetsün Khandro Rinpoche will bestow teachings throughout this retreat.

Rinpoche would like this retreat to be open to practitioners who have received numerous teachings and require now to dedicate time to intensive practice in order to further deepen their understanding of the precious Dharma. It will provide one with the precious opportunity to work with the various teachings and practices one has received within the framework of a disciplined and sacred environment. It will thus enable practitioners to truly strengthen and deepen one's practice of the Buddhadharma and bring the view into meditation and action.

Those attending the retreat will be encouraged to enter into retreat practice concentrating on whichever practice you may wish to accomplish. Practice guidance and schedule will be formulated by Rinpoche but each individual may concentrate on their own personal practice. Please note that no particular practice will be given out during this retreat as it seeks to encourage our Sangha members to concentrate on completing their existing commitment practices.

If you are interested in participating in the retreat and would like to receive more information, please write to us at mindrollingretreat@gmail.com

Please note that it takes minimum one month to acquire the permit necessary to be able to stay at the monastery campus, therefore if you would like to participate, do contact us as soon as possible.

With best wishes,
Mindrolling International Staff Team

Practical information:

1. PAP

To be able to stay at the premises of the Mindrolling Monastery, it is necessary to have the Protected Area Permit (PAP). It takes minimum one month to process the PAP application. Therefore if you would like to participate, please get in touch with us concerning the PAP as soon as possible at mindrollingretreat@gmail.com.

2. Accommodation and meals

All meals will be provided for the duration of the retreat. Since it is a retreat, we encourage each individual retreatant to register for a single room.

3. Cost

The cost for the entire retreat of five weeks US dollars 1750.00 which includes

accommodation and meals.

4. Transportation

From Delhi it is possible to travel to Mindrolling by airplane - there are several direct flights Delhi-Dehradun each day. The flight takes 40 minutes.

It is also possible to travel by train, provided you make a reservation well in advance.

If you prefer to travel by car, we can assist you with arranging a taxi to pick you up at the airport.

5. Registration

To register please write to the following email address - mindrollingretreat@gmail.com

If you have any questions, do not hesitate to write to us and we will be happy to help you.