

Dear friends,

On behalf of Mindrolling International we are delighted to announce the **Mindrolling Retreat 2018**.

[The main section of the retreat will take place from the 3rd to 13th February 2018, with arrival on February 2nd 2018.](#)

This section of the retreat will end on the 13th February and so you may schedule your departure accordingly.

(Please note that Losar celebrations will happen from 16th February followed by Kyabje Mindrolling Trichen's 10th Parinirvana ceremonies. Anyone wishing to remain for these must register separately. Information will be sent upon request).

This year's retreat program will consist of teachings bestowed by HE Mindrolling Jetsün Khandro Rinpoche, along with personal practice and group meditation sessions.

This year the individual practice sessions will take place at various shrine rooms of the Mindrolling monastery, which will allow practitioners to truly experience the sacred environment of the monastery.

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

If you would like to stay on for Losar and the Parinirvana Ceremonies, please specify that too, and we will send you more information about these events.

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 six weeks to process the PAP application.

Therefore if you would like to participate, please contact us as soon as possible at

mindrollingretreat@gmail.com and we will send you guidelines for submitting the PAP application.

2. Meals

All meals will be provided at the monastery campus for the duration of the retreat.

3. Accommodation and Cost

Types of accommodation available-

- Double room on shared basis - inside monastery campus

Total cost per person including accommodation and meals: 750 USD

- Double room on shared basis - outside monastery campus (approximately 5 minutes walk from main monastery)

Total cost per person including accommodation and meals: 750 USD

- Single room - very few available

Total cost per person including accommodation and meals: 900 USD

- Dormitory space

Total cost per person including accommodation and meals: 600 USD

Because this year the individual practice sessions will take place at various shrine rooms of the monastery, it will be possible to accommodate most participants in double rooms on shared basis. The number of single rooms is very limited, therefore most participants will have to share double rooms.

Furthermore, due to renovation work in some buildings, the accommodation capacity within the monastery is also limited. This will require some participants to be housed outside the monastery campus in Tibetan Guest houses. These are all within walking distance from the main monastery.

If you are interested to participate in the retreat, we recommend that you contact us as soon as possible and specify which type of accommodation you would prefer. We will try to accommodate your preference, even though this year the options are rather limited.

Additional costs

While traveling, it is always advisable to think ahead of purchases you may need to make, such as shrine offerings and materials, mineral water, toiletries, snacks etc.

If there are day tours or excursions, cost for these will be additional.

Offerings for ganachakras, lamp offerings, teachers offerings etc. are not included in the cost of program and may be offered upon arrival.

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.

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

With best wishes,

Mindrolling International Staff Team