

# The Garden of Great Compassion

## Retreat program

*If there is no specific mention, the retreats are guided by Lama Tsultrim Gyamtso*

**2019**

### **October-November**

- Mahamudra Meditation Retreat from Saturday, October 19<sup>th</sup> to Saturday October 26<sup>th</sup>.
- Guided Individual Retreat from Saturday evening, November 16<sup>th</sup> to Saturday afternoon, November 30<sup>th</sup>. This retreat is intended for people who already know the place and Lama.  
*For this retreat, you can come according to your opportunities and for the time that suits you, to deepen your practice.*  
*During this period, the Lama may accompany each one in his practice and a teaching is given every day.*

**2019-2020**

### **December-January**

- Mahamudra Meditation Retreat from Sunday evening, December 29<sup>th</sup> 2019 to Saturday afternoon, January 4<sup>th</sup> 2020.

### **February**

- Guided Individual Retreat from Saturday evening, February 1<sup>st</sup> to Saturday afternoon, February 29<sup>th</sup>. This retreat is intended for people who already know the place and Lama.  
*For this retreat, you can come according to your opportunities and for the time that suits you, to deepen your practice.*  
*During this period, the Lama may accompany each one in his practice and a teaching is given every day.*

### **April**

- Mind training (*Lodjong*) Retreat from Monday evening, April 13<sup>th</sup> to Saturday afternoon, April 18<sup>th</sup>.
- Chenrezig practice, from Sunday evening, April 19<sup>th</sup> to Saturday afternoon, April 25<sup>th</sup>. Retreat guided by **Lama Kunkyab** (*Required contribution for the offering to the Lama: 60 €*)

### **Individual retreats**

Throughout the year it is possible to come for an individual retreat under certain conditions, and if you are already familiar with the place and have met the Lama

### **Important**

If you wish to come to this retreat hermitage, please contact us beforehand **with the dedicated form on the website** (*Useful Information / Retreat applying form*).



### **Contribution to costs**

An **individual membership card** of the association, valid from July 1st to June 30th, will cost **20 €** regardless of the type and duration of your stay.

For those **under 16 years old**, the membership card will cost **10 €**.

We have 4 rooms with 2 to 4 beds. The toilets and showers are collective.

The fees below are calculated at minimum cost as for housing and food:

Monthly income	≤ 600 €	≤ 1000 €	≤ 1500 €	≤ 2000 €	≥ 2000 €
Meals per day	12 €	13 €	16 €	17 €	18 €
Housing	10 €	12 €	15 €	16 €	17 €
Contribution to charges	4 €	4 €	5 €	6 €	6 €
Total per day	26 €	29 €	36 €	39 €	41 €

If you stay for more than 15 days, a 2 € discount per day will be granted for your whole stay.

When you register, the payment of a non-refundable **deposit of 50 €** is required

Since January 2017, a tourist tax must be paid to Community of Communes of Champsaur.

We can pick you up at the bus stop in St Bonnet according to our availability for **5 €**.

### **Session fees**

The Teachings are offered free for retreats guided by Lama Tsultrim Gyamtso

For the coming of a Lama or a Khenpo, an additional contribution will be required to make a suitable offering.

### **Please note**

*The retreats usually start at 7 PM.*

*They usually end in the afternoon around 3 PM.*

*Some changes may occur on this program, you will find all the updates on our Website on the page: Retreats/Program.*

*Please register as soon as possible and no later than seven days before the beginning of a retreat. A minimum of eight participants is required, otherwise a retreat may be canceled.*

*A fitted sheet and a pillowcase are provided, but bring your duvet or quilt with its cover or a sleeping bag, as well as indoor slippers.*

*If you might feel cold in the Temple, bring a shawl or any other warm clothes.*

*We do not provide an Internet connection. If you need one, you must have a 3G or 4G key or any other system.*

*Updated on August 5th, 2019*