

August 30 - September 3, 2008
Foundational Practices of the Dakini Heart Essence
LAMA THARCHIN RINPOCHE
Lama Dechen Yeshe Wangmo
Nazareth Retreat Center, Boise, Idaho

Lama Tharchin Rinpoche will present in-depth teachings on the foundational practices (ngondro) of the Dakini Heart Essence (mkha 'gro thug thig). To our knowledge, this is the first extensive presentation of these important practices of the Dakini Heart Essence. Lama Dechen Yeshe Wangmo will facilitate practice sessions and translation will be provided by Lama Ngawang Zangpo.

These foundational practices are given as the preliminary training for all Vajrayana practices, such as yidam (personal deity), tsa lung (subtle energy), and dzog chen (Great Perfection). But equally important, they are quintessential in themselves because they target all the key points of the Vajrayana path: personal orientation and spiritual motivation, purification, positive accumulation, and union with the mind of the guru which leads to the direct experience of our innately enlightened nature. In short, these foundations are the life-long companion of any vajrayana practitioner.

This event will be held at the Nazareth Retreat Center which offers a peaceful oasis only minutes away from downtown Boise. All rooms have private baths. Nazareth does not have a website.

FEES:

Full Program Aug. 30 - Sept. 3:

Early bird before July 15, \$425 (includes practice text)
After \$475.

Three-Day Labor Weekend, Aug. 30 - Sept. 1

\$315 (purchase practice text separately at a discount rate of \$25)

Daily Rate:

\$115 (meals available with pre-reservation)

Evening Teaching Session Only with Rinpoche:

\$40

LODGING & MEALS:

Full Program (lodging & meals 5 nights)

Single \$369

Double \$284 (double bed)

Twin \$298 (2 twin beds)

Labor Day Weekend (lodging & meals 3 nights)

Single \$295

Double \$227 (double bed)

Twin \$239 (2 twin beds)

SCHEDULE

Saturday, August 30 - Tuesday, August 2:

10AM-12:30PM; 6:30PM-9:00PM - with Lama Tharchin Rinpoche

Afternoons - review, discussion, practice with Lama Dechen Yeshe Wangmo

Wednesday August 3:

10AM - 12:30PM - closing session with Lama Tharchin Rinpoche

LOOKING FOR A FLIGHT?

Get a bird's eye view of fares at: <http://www.kayak.com>. For the full program, plan to arrive on Friday, Aug. 29 and leave Wednesday, Sept. 3 after 3PM. For the 3-day weekend option, arrive on Friday, Aug. 29 and leave Monday, Aug. 1 after 9:00PM, or book an extra night at Nazareth and leave Sept. 2 before the morning session.

ONLINE REGISTRATION opens Thursday, May 1, 2008 at:
www.regonline.com/boise2008.

QUESTIONS?

Toll free voice message (888) 517-7121

Email: boise@jnanasukha.org