

Welcome to the

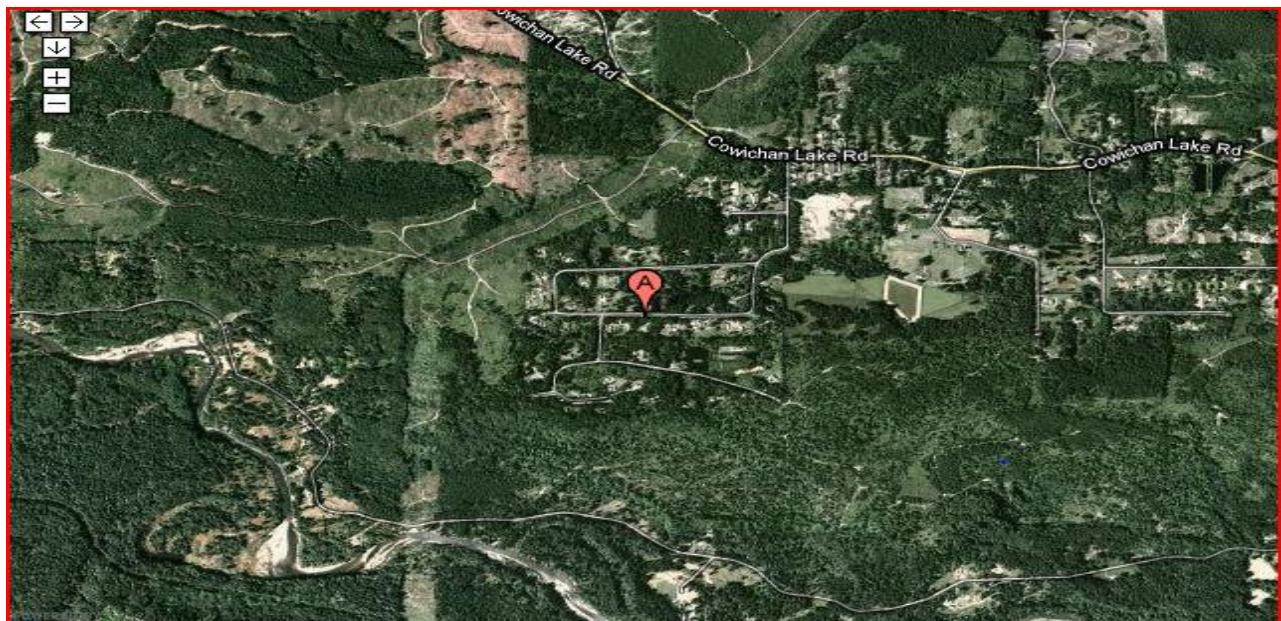
# Spiritual Retreat

## Fundraising Event

Sun Lotus Art House in Duncan has generously offered their beautiful facility for us to host a **Two Day Spiritual Retreat** with Seven Tibetan Buddhist Teachers and one Chanting Master. The event will include the program, meals, and camping facilities. We encourage you to come to relax, rejuvenate, and reflect on the nature of life during this amazing Spiritual Retreat with these authentic, experienced teachers from Tibet (and one from Bhutan).

|              |   |  |
|--------------|---|--|
| Event        | Spiritual Retreat   |  |
| Place        | Sun Lotus Art House 5070 Culverton Rd, Duncan                             |  |
| Date         | 28 <sup>th</sup> August to 29 <sup>th</sup> August                        |  |
| Time         | 11 am 28 <sup>th</sup> to 5pm 29 <sup>th</sup>                            |  |
| Participants | Anyone interested in Spiritual Retreat                                    |  |
| Requirement  | Must sign the registration & consent form                                 |  |
| Cost         | \$125 per person includes the full program, meals, and camping facilities |  |
| Space        | Please register early space is Limited                                    |  |
| Register     | Pema at <a href="mailto:pemawchen@yahoo.ca">pemawchen@yahoo.ca</a>        |  |
| Info contact | Pema at <a href="mailto:pemaw.chen@yahoo.ca">pemaw.chen@yahoo.ca</a>      |  |

Map of Sun Lotus Art House [www.sunlotus.ca](http://www.sunlotus.ca) 250-709-9010



## Teachers the two day Spiritual Retreat

|                 |  |
|-----------------|--|
| <b>Teachers</b> | <b>Geshe Yongdong (Bon), Ngakpa Kalzang Dorje (Nyingmapa), Lobpon Sangngag Yeshe (Bhutan Nyingmapa), Lama Rabten (Kyagud), Lama Jampa Tenzin (Sakyapa), Lama Tenzin Tsundu (Sand Mandala Master) Tsengdok Rinpoche (Gelugpa) and Sopa Gyatso(Chant master)</b> |
|-----------------|--|



| <b>Teachers</b>       | <b>Lineage</b> | <b>Website</b>  |
|-----------------------|----------------|---|
| Tsengdok Rinpoche     | Gelug          | <a href="http://www.tsengdokrinpoche.com">www.tsengdokrinpoche.com</a>                                    |
| U-dzad Sopa Gyatso    | Gelug          | <a href="mailto:sopagyatso@hotmail.com">sopagyatso@hotmail.com</a>  |
| Lama Tenzin Tsondue   | Rime           | <a href="http://www.kathokgonpa.ca">http://www.kathokgonpa.ca</a>   |
| Lama Jampa Tenzin     | Sakya          | <a href="http://www.victoriabuddhistdharma society.org">http://www.victoriabuddhistdharma society.org</a> |
| Lobpon SangNgag Yeshe | Duk-Nyingma    | <a href="http://www.yeshehorlo.ca/Van1.htm">http://www.yeshehorlo.ca/Van1.htm</a>                         |
| Lama Rabten           | Kagyu          | <a href="http://vancouver.nalandabodhi.ca">http://vancouver.nalandabodhi.ca</a>                           |
| Ngakpa Kalzang Dorje  | Nyingma        | <a href="http://www.thubtencholing.com">www.thubtencholing.com</a>  |
| Geshe Yongdong        | Bon            | <a href="http://www.sherabchammaling.com">www.sherabchammaling.com</a>                                    |

| <b>Teachers</b>       | <b>Teaching Topic</b>  |
|-----------------------|--|
| Tsengdok Rinpoche     | Buddha's first teaching on the nature of existence (Denpa Shi) |
| Lama Tenzin Tsundu    | The art and symbolism of Mandalas (kyilkor)                    |
| Lama Jampa Tenzin     | Immeasurable love, compassion, joy, and equanimity (Tsadmishi) |
| Lama Rabten           | The four ways to change the mind (Lodok Nampashi)              |
| Lobpon Sangngag Yeshe | ceremonial purification offerings (bSangSol)                   |
| Ngakpa Kalzang Dorje  | Eight verses on training the mind (Lojong Tsiggyad)            |
| Geshe YongDong        | The spiritual and elemental threads of prayer flags (rungta)   |
| Sopa                  | Sopa is an authentic chant master and will lead us in prayers  |

## Program for the Spiritual Retreat

First day

| Time   | Event  | Facilitator           |
|--------|--|-----------------------|
| 12-1   | Lunch  |                       |
| 1-2    | Opening Ceremony   |                       |
| 2-3:30 | Buddha's first teaching on the nature of existence (Denshi)  | Tsengdok Rinpoche     |
| 4-5    | The spiritual and elemental threads of prayer flags (Lungta) | Geshe Yongdong        |
| 5-6    | The four ways to change the mind to Dharma (Lodok-shi)       | Lama Rabten           |
| 6-7    | Dinner   |                       |
| 7-8    | Set-up camp  |                       |
| 8-10   | Story night  | Teachers/participants |

Second day

|          |  |                |
|----------|--|----------------|
| 6-7      | Meditation   |                |
| 7-8      | Breakfast  |                |
| 8-8:30   | Prayers  | U-dzad Sopa    |
| 8:30-10  | Eight verses on training the mind (Lojong Tsiggyad)            | Ngagpa Kalzang |
| 10-10:20 | Break  |                |
| 10:20-12 | Immeasurable love, compassion, joy, and equanimity (tsadmeshi) | Lama Jampa     |
| 12-1     | Lunch  |                |
| 1-2      | The art and symbolism of Mandalas (Kyilkor)                    | Lama Tsondu    |
| 2-3      | Ceremonial purification offerings (Sangsol)                    | Lama Lobpon    |
| 3-3:20   | Break  |                |
| 3:20-4   | Closing chanting   |                |
|          | Thank everyone   |                |