

GLIMPSES OF MAHAMUDRA

Meditation Retreat with Khandro Thrinlay Chodon

Friday, 31 May – Sunday, 2 June, 2019
Burrill Lake, NSW



Refresh body and mind as you discover a deeper connection through a range of meditation practices, pranayama breathing and yoga.

Khandro Rinpoche, as she is respectfully known, presents complex and profound teachings in a modern and accessible way. Fluent in English, Rinpoche speaks with humanity, clarity and joy as she assists you to tap into the deeper meaning of life.

This retreat will focus on the Guru Yoga of Milarepa - an essential practice in which blessings melt with devotion and become the basis of the Mahamudra view. We are very fortunate in that Khandro Rinpoche will begin the retreat by bestowing the Milarepa empowerment.

Rinpoche herself received this empowerment from her father Apho Rinpoche, who is said to be the manifestation of Milarepa himself. This is a rare opportunity to receive empowerment and teachings from a highly respected female Vajrayana teacher and authentic lineage holder.

Jetsun Milarepa, is a beloved and renowned yogic meditator and poet who lived in Tibet in the 11th century. He is one of the forefathers of the Shakya Shri lineage of Vajrayana Buddhism. The story of Milarepa's life is a very inspiring one - he gained widespread fame and respect for his incredible perseverance in spiritual practice and his captivating poetic songs about attaining freedom from suffering and spiritual enlightenment.



Tap into the deeper meaning of your life as you immerse yourself
in a weekend of wisdom, well-being and deep insight.

~ Limited Places ~

For all reservations and queries contact: Helen Gordon
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Retreat Fee: \$300 includes lunch/dinner

Registration begins at 9am, Friday 31 May and concludes at 1pm, Sunday 2 June

There will be a Children's Session at 2.30pm, Sunday 2 June

Local accommodation options - include caravan parks, apartments and airbnb.

