

MEDITATION & YOGA FRASER ISLAND 18TH MAY 2015



Khandro Thrinlay Chodon is a lay female Buddhist practitioner and teacher, born in the Indian Himalayas to a family of great Tibetan yogis. Khandro Rinpoche as she is known, began her spiritual training as a small child and has studied both eastern and western approaches to spiritual psychology. She is devoted to bringing the wisdom of her ancient tradition alive in our modern world. Khandro Rinpoche's life work and vision "Khachodling" engages in spiritual and humanitarian projects in the remote Indian Himalayas, and has students all over Australia, Asia, India, Bhutan, Korea and more.

Khachodling Dakini Sanctuary is hosting a Day of Meditation and Yoga. Khandro Rinpoche will be guiding us on a meaningful and deepening journey to World Heritage listed Fraser Island, a place that she feels holds feminine essence. This will be our last opportunity to experience Rinpoche connecting to the aboriginal spirits and elements before her return to the Himalayas.

We will depart from the sanctuary at 8:15 sharp. On reaching the island we will hold a Meditation and Yoga session from 11am-2pm at the resort (eat/bring a good breakfast!). Meditation will be led by Khandro Rinpoche and yoga by her students. Khandro-la is a meditation Master well known for her ability to impart her lineage's ancient wisdom to our chaotic materialistic world. Her warmth and humaneness deeply touches our hearts. Kath Nash and Dante are Rinpoche's students and will lead the yoga. After the session we can enjoy a mindful lunch at the Resort's restaurant (own cost) and a swim in the outdoor resort pool (included) before scheduled ferry departure at 5pm back to River Heads. (some are choosing the option to stay overnight on the island and have Tuesday on the island with Rinpoche - these people will be back in the Bay around 6pm)

Cost \$100 - includes transfers & swimming

Limited tickets available!

Registration and Enquiries - 07 4325 4438

B.Y.O water bottle & yoga mat (both items available in sanctuary shop) swim suits, and a snack/or lunch.

When making bookings for staying overnight at Kingfisher Resort please make reference to "Meditation and Yoga Retreat" and you will be given a discounted rate. Khandro Rinpoche and students will be stay overnight. Ask about our private tour of the island with Khandro Rinpoche on the 19th.