

SEMINARY NONGDRO-MAHAMUDRA

2016 August 27 - September 4

The Foundations of the way to Enlightenment
&
the Tibetan Buddhist path

Under the spiritual guidance of the Lineage
of
His Eminence Jamgon Kongtrul Rinpoche



AVEC
LE VÉNÉRABLE DRUPÖN KHENPO LODRO NAMGYAL



Drupön Khenpo Lodro Namgyal is now the principal of the Rigpe Dorje Institute of Higher Buddhist Philosophy at Kagyu Thekchen Ling in Lava, India, and personal tutor of philosophy to His Eminence the Fourth Jamgon Kongtrul Rinpoche. He completed the 9-year Acharya program at Nalanda Institute, Rumtek Monastery. He studied under the guidance of Khenpo Tsultrim Gyamtso Rinpoche and Khenchen Thrangu Rinpoche. After his graduation, he was appointed a Khenpo of Nalanda Institute where he taught for two years. Following that, he entered the three-year retreat at Pullahari Monastery under Khenpo Tsultrim Gyamtso Rinpoche. When he completed the retreat, he was appointed Drupon (retreat master) of Kunzang Dechen Osel Ling, which is the Mahamudra retreat center at Pullahari Monastery.

His teachings are clearly demarked by his great understanding of the Dharma and his realised meditative practice. His way of making even the most complex and subtle Dharma subjects immediately accessible to students is a constant inspiration to all.

The **NGONDRO-MAHAMUDRA SEMINAR** is a continuous course of several years based on the teachings of spiritual exercises centred around the methods of meditation and transformation of the spirit that are common to the "Diamond Way" or "Vajrayana" system of Buddhism found in the Karma Kagyu tradition. These teachings will especially reflect the spiritual guidance of the lineage of His Eminence Jamgon Kongtrul Rinpoche and will be transmitted with the blessing and protection of direct instructions from living and realized Masters, as well as authentic and recognized teachers practising in today's modern world.

SEMINAIRE NONGDRO-MAHAMUDRA 2016
The Foundations of the way to Enlightenment & the tibetan buddhist Path
2016 August 27 - September 4

The theme of this first seminar "**The Foundations of the way to Enlightenment and the Tibetan Buddhist Path**" is part of the perspective of the Mahamudra, the "Great Seal" or the "Great Union", leading to the realisation of the Enlightened State of Being, ineffable and timeless as our true nature, beyond duality and confusion of our dual mind.

During these nine days the **Venerable Drupön Khenpo Lodro Namgyal** will teach the essential topics for an introduction to the Ngondro practices, which are the four fundamental preliminary and preparatory spiritual practices to the Mahamudra. The curriculum will cover the following:

- Day 1 - The Essence of a Healthy Life
- Day 2 - The enjoyments and qualities of Precious Human Life
- Day 3 - Impermanence
- Day 4 - The law of cause and effect: Karma
- Day 5 - The shortcomings of Samsara
- Day 6 - Taking Refuge
- Day 7 - Loving Kindness
- Day 8 - Compassion
- Day 9 - Opening of the Heart of Bodhicitta: The Awakening of Mind and Spirit

Daily program

<i>Time</i>		<i>Duration</i>
6.30 - 7.30	Méditation	1h00
7.30 - 9.00	Break for Breakfast & free-time	1h30
9.00 - 10.30	Teachings	1h30
10.30 - 11.00	Break	30mn
11.00 - 12.00	Teachings	1h00
12.00 - 15.00	Break for Lunch & free-time	3h00
15.00 - 16.30	Teachings	1h30
16.30 - 17.00	Break for Tea-time	30mn
17.00 - 18.00	Teachings	1h00
18.00 - 18.30	Break	30mn
18.30 - 19.30	Chenrezig practice	1h00

Home

The lessons take place in the temple of the Tibetan Buddhist Centre of His Eminence Jamgon Kongtrul Rinpoche KARMA THEKSOU TASHI EUBAR LING. The place is located in downtown of La Roche-sur-Foron. The reception of all participants and the total settlement shall be at KTTEL Centre during the Friday august.26th.2016 from 10:00 to 12:00 and 15:00 to 19:00. Please note: Plan your arrival on August 26 and your return on 5 September. Address : **20, rue de l'Égalité / 74800 La Roche-sur-Foron / FRANCE**

Tel : 00 33 (0) 4 50 97 74 64

Email : jkongtrul.karmapa@wanadoo.fr

Website : www.eubar-ling.fr

NB: For lodging and meals see practical information.

Eligibility

The Ngondro program is related to the Four Foundation practices of the Karma Kagyu Lineage. As such, all participants need to have taken the Refuge Vows to join the program. Those who have not taken refuge will have the chance to take refuge with **Drupon Khenpo Lodro Namgyal** before the Seminar starts. Each day there will be 2 hours of practice and 5 hours of lessons.

Necessary Texts

- The short Ngondro text composed by H.H. 17th Karmapa
- The Torch of Certainty by Lodro Thaye.
- Practice text of Chenrezig

Remember to bring the texts of Tara, The Call to the Lama from Afar, Milarepa which may be useful too.

Translation

The teachings are given directly in Tibetan with translation into French, English, German and Spanish. FM broadcast is available. Please bring your FM receiver and headphones.

Registration and seminar Price

Registration before 05/30/2016.

Registration by sending Form 1 or Form 2 by email or post and pay the deposit * excluding forwarding charges, by bank transfer or money order before May 30, 2016. (See box RESERVATION DEPOSIT) * KTTEL has a cultural and cultural nonprofit association status. The total amount of participation in the seminar will be a cooperative price (net without benefit and variable depending on the total number of participants. It will be fixed between € 410 and € 175 per person depending on the total number of inscriptions on 05/30/2016. the final price will be announced on 05.31.2016.

This cooperative price will be communicated from 05.31.2016 to all registrants.

The entire registration will be payable locally in the home of KTTEL **Friday, August 26, 2016.**

PLEASE NOTE: Saturday, September 3 at 20 h 00

Dinner together with the Venerable Khenpo Lodro Namgyal Drupon in the restaurant of the Convent of the Sisters of Charity. Booking on site in KTTEL.

KARMA THEKSOUM TASHI EUBAR LING

Centre Bouddhiste Tibétain

de

Son Éminence Jamgon Kongtrul Rinpoché

20, rue de l'Égalité

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Association culturelle et culturelle Lois 1901 et 1905

PRATICAL INFORMATIONS

SeMINAr NONGDRO-MAHAMUDRA 2016

Accommodation and meals

Accommodation and meals are not provided by the KTTEL Centre.

However you can book accommodation at the Monastery of the Sisters of Charity with our intermediary and the booking form. (See the box below)

- Possibility of accommodation in hotel room 50m from KTTEL. To book yourself less than 5% from 10 reservations from participants in the Seminar. Code **KTTEL**.

Contact:

Hôtel des Afforêts

101 Rue de l'Égalité (GPS: Place des Afforêts)

74800 La Roche-sur-Foron

Tél. +33(0)4 50 03 35 01 / <http://www.les-afforets.com>

- In the region, there are many other accommodations and restaurants in the city center near the KTTEL Centre. There is also a Biomarket "BIOCOOP" and a beautiful public park where you can picnic
- Regional Tourism Information: <http://www.larochesurforon.com/>

Accommodation at the Convent of the Sisters of Charity

Chamber to order with Form 1 - Registration and accommodation booking.

*** The deposit must be paid before 05/30/2016.**

comfortable accommodation in single night, half board or full board in the beautiful Convent of the Sisters of Charity, 10 minutes walk from KTTEL Centre. There is a large planted garden and a beautiful view of the mountains.

Accommodation: Limited to 33 people

23 places in single rooms, 8 places in a double room, 2 place in room with a large bed Towels and soap are not provided.

Least 5 € on the full payment if you bring your own sheets.

Rooms will be assigned on the arrival order of reservation forms. Room prices are per person per day depending on your chosen formula. (see form 2)

PLEASE NOTE: In case of temporary absence (vacation) of a part of the service staff: overnight stay with breakfast from 26 to 28 August and half board or full board from Monday, August 29 for all boarders according to your chosen formula. Breakfast from 7:30 to 9:00. Meals will be vegetarian. Picnics are allowed for boarders the park in of the Convent.

Full payment for your accommodation will be done at the reception of the Convent

Deposit

*** The deposit is non-refundable if cancellation.***

bank transfer or postal order excluding service fees before 05/30/2016:

- Registration for the seminar without accommodation
€ 40 Heading: **Name. First name. 2016 seminar**
- Registration for the seminar with accommodation in the Convent
€ 80 Heading: **Name. First name. Seminar 2016 HCSC**

IBAN: FR76 1027 8024 2000 0200 2980 106 BIC: CMCIFR2A

Account owner: ASS KARMA THEKSOU TASHI EUBAR LING

IBAN (International Bank Account Number)

FR76 1027 8024 2000 0200 2980 106

BIC (Bank Identifier Code)

CMCIFR2A

Domiciliation

CCM ROCHOISE
157 RUE CARNOT
74800 LA ROCHE SUR FORON
Tél : 08-20-82-55-46

Titulaire du compte (Account Owner)

ASS KARMA THEKSOU TASHI EUBAR
LING
20 RUE DE L'EGALITE
74800 LA ROCHE SUR FORON

How to go to KTTEL?

The KTTEL Centre is 15 minutes walk from the La Roche-sur-Foron train station.

The Convent of the Sisters of Charity is 5 minutes walk from the train station, 10 minutes from KTTEL Centre.

It is possible to go to the Roche-sur-Foron from Genève International Airport (45 km) or from the Genève Cornavin train station (30 km) with public transports.

City bus* between the Genève International Airport and Genève Cornavin train station: 20mn

Bus line 5 - stop CORNAVIN

Bus Line 10 - stop CORNAVIN

<http://www.tpg.ch/>

- **Trains* between Genève International Airport and Genève Cornavin train station: 6mn**

<http://www.cff.ch/home.html>

** Informations are available at the information desk in the "Arrival" hall in the airport, situated opposite the exit of the customs control. Tickets can also be purchased from the machines located at bus stops or at the airport railway station. CHF or Euro change required. Also you can get a **free ticket** with a distributor located in the baggage claim area (level "Arrival"). This **Unireso** ticket is offered by Genève International Airport. It allows to use the public transport in Geneva for 80 minutes.*

- **Direct buses between the Genève Bus Station and la Roche-sur-Foron:: 45mn or 60mn**

4 Bus per day - line T73. See the timetable in Website:

<http://www.geneva.info/gare-routiere-departures-timetable/>

<http://transdevhautesavoie.com/fr/transalis-t73-annecy-annemasse-geneve>

- **Urban Bus + Regional trains between Genève Cornavin and La Roche-sur-Foron: 60mn**

Bus Line 61 to Annemasse Gare train station and take train to La Roche sur Foron.

<http://www.tpg.ch/>

<http://www.voyages-sncf.com/>

For cars: Free parking in front of KTTEL centre or on the Place des Afforêts 50m away.

Main contacts

France

KTTEL

jkongtrul.karmapa@wanadoo.fr

Germany

Dorothea Nett

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Spain

Enrique April

bellair@telefonica.net

Swiss

Georg Streit

g.streit@gmx.ch

KARMA THEKSOU M TASHI EUBAR LING

Centre Bouddhiste Tibétain

20, rue de l'Égalité

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Tel : 00 33 (0) 4 50 97 74 64

Email : jkongtrul.karmapa@wanadoo.fr

Siteweb : www.eubar-ling.fr

Association culturelle et culturelle Lois 1901 et 1905

FORM 1

This Form must be completed, signed and sent by email or post before 05/30/2016.

REGISTRATION and ACCOMMODATION BOOKING

SEMINAIR NONGDRO-MAHAMUDRA 2016

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Accommodation at the Convent of the Sisters of Charity

Arrival August 26th - Departure September 5, 2016 - 10 Nights

I have read the conditions and practical information of the Seminar.

I sign up and I book my accommodation at the Convent of the Sisters of Charity.

I pay 80 € deposit * before 05/30/2016. I will pay my entire registration for the Seminar Friday, 08.26.2016 in KTTEL center. And I shall regulate my entire payment for accommodation at the reception of the Convent.

Family Name :

First Name :

Address :

Postal number :

City :

Email :

Telephone :

Highlight your choice

I want to book a single room for **10 Nights** - I wish to book a double room for **10 Nights** being with: (enter name and first name of the other person):

Night room and breakfast

- with individual sink (toilet and shower in common): **300 €**
- with individual bathroom : **400 €**

Half board room (breakfast and dinner)

- with individual sink (toilet and shower in common): **420 €**
- with individual bathroom : **520 €**

Full board room (breakfast, lunch and dinner)

- with individual sink (toilet and shower in common): **540 €**
- with individual bathroom: **640 €**

Remind: the Convent serve breakfast only from August 27 to 28 for all residents

Date :

Signature :

KARMA THEKSOUM TASHI EUBAR LING CENTRE BOUDDHISTE TIBÉTAIN

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(Association Cultuelle et culturelle Lois 1901 et 1905.)

FORM 2

This Form must be completed, signed and sent by email or post before 05/30/2016.

REGISTRATION

SEMINAIR NONGDRO-MAHAMUDRA 2016

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I have read the conditions and practical informations.

I do not book my accommodation at the Convent of the Congregation of the Sisters of Charity.

I make my registration for the seminar without accomodation with 40 € deposit *. I will pay my entire registration on-site onFriday, 08.26.2016

Family Name :

First Name :

Address :

Postal number :

City :

Email :

Telephone :

Date :

Signature :

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