



RIGDZIN COMMUNITY WINTER RETREAT 2009

# DORJE DROLÖ DRUBCHO & DZOGCHEN TEACHINGS

GUIDED BY NAMKHA RINPOCHE

From Sunday 12<sup>th</sup> April 2009 at 17 pm to Sunday 19<sup>th</sup> April 2009 at 8 am  
at Evolène, (Valais, Switzerland)

The Dorje Drolö Drubcho that we are going to practice during this retreat week was composed by His Holiness Düdjom Rinpoche and consists in an intensive recitation of a text including numerous mantras and prayers. This method allows to deepen and stabilize our capacity to practice in a coordinated manner with the body, speech and mind, reaching hence a more positive and beneficial state of mind. It is said that the Dorje Drolö practice is one of the most powerful mean of the Tibetan Buddhism Nyingmapa school to understand, pacify and recognise our own nature of mind in these degenerated times. The rarity of the Masters who have the ability to transmit, teach and guide this kind of practice makes this retreat an absolutely unique event. Thus, Namkha Rinpoche will allow each participant to benefit from his incredible experience of this Dorje Drolö Drubcho, being his heart practice among all others.

Namkha Rinpoche will also give punctually profound teachings on the Tibetan Buddhism essential aspects, on Drubcho practices, as well as on the ultimate path of the tradition: the "great perfection" or "Dzogchen".

Teachings will be translated simultaneously in English, French and Spanish.

**Meeting Point:** 2009, April the 12<sup>th</sup>, Sunday at 17 pm, at the « Chalet LANA », in the village of Evolène, Valais.

**Description of the place:** The chalet is very comfortable, the rooms are with 2 or 4 beds and each room is equipped with shower and bathroom WC

**By car (from Geneva airport):** Highway A1 in the direction of Lausanne / in Lausanne follow highway A9/E62 in the direction of Vevey-Montreux-Martigny-Sion / exit highway Sion-est / then follow Val d'Hérens-Evolène / Once arrived in Evolène, do not enter the village centre but turn around the village and follow "les Haudères" / then at the end of the village turn right at the sign "camping" / then follow the direction of camping and turn left at the sign chalet La Niva / Lana.

**By train and bus:** Take the train to "Sion (Valais)" station, then take a bus from Sion poste/gare until « Evolène, poste ». Once in Evolène, follow the little path down in the direction of the « chalet la Niva / Lana ».

Train and bus time departures: <http://www.sbb.ch/fr/>  
Choose for arrival destination « Evolène, poste »

**A sleeping bag is needed**

**Be attentive** that the participation to the practice and teaching session's particularly during the retreat requires a good physical and psychological health state. The organizers will not be responsible of consequences that could endure participants whose health would not be adequate.

**Prices (lodging, vegetarian, food, teachings, children caring included):**  
CHF 685.- the week

**Prices for the Rigdzin Community Sangha or for ordained persons:**  
CHF 625.- the week

**Prices for children (from 4 to 15 years)** CHF 150.- the week

**Registrations and more information:**  
[www.thegchok-ling.ch](http://www.thegchok-ling.ch) or  
[thegchokling@gmail.com](mailto:thegchokling@gmail.com)