

## Santi Maha Sangha Practice Retreat Open Weekend for the General Public

August 11th -15th 2016

**Island Bay Retreat Centre Wellington** 

No Retreat Fee donations are welcome

We are encouraging all participants to stay on site to maximise our practice time together

Accommodation 4 nights and Meals 5 days \$485

The five day retreat will be conducted with authorized Santi Maha Sangha Base Instructor Angie Gilbert, authorised Vajra Dance Instructor Rosa Altamirano and Yantra Yoga Instructor Dean Wickenden.

It is open to all those who have received Transmission.

The Public Event will begin Friday evening and finish on Sunday.

It is open to all those interested in learning about the

Dzogchen Teachings and Community of Chögyal Namkhai Norbu.

During the event there will be an introduction to the teachings of the Buddha, mindfulness training, instruction in the Vajra Dance and Yantra Yoga.

On Saturday there is the World Wide Transmission with Chögyal Namkhai Norbu which is open to all newcomers seriously interested in receiving the Dzogchen teachings.

## **Program of Events**

11 Thurs – Medium Thun to open the retreat

12 Fri - SMS practices / daily Short Mandarava practice / evening- Public Event-Film

13 Sat - public event / World Wide Transmission

14 Sun - public event

15 Mon - SMS practices / daily Short Mandarava practice

http://www.dzogchen.org.nz Registration: jerri.bassi@gmail.com or phone 0275397045