



INTERNATIONAL
DZOGCHEN COMMUNITY
YANGDAKLING NEW ZEALAND

Welcome to an Open Weekend of the

International Dzogchen Community of Chögyal Namkhai Norbu

The renowned spiritual Master Chögyal Namkhai Norbu was born and raised in Tibet and invited to Italy in the 1960's. *"When I left Tibet and settled in the West, I realised that the Dzogchen Teaching was a vast body of knowledge that could help us live our condition as human beings better, beyond any cultural context allowing for a "natural" spiritual and social evolution."* Today Chögyal Namkhai Norbu regularly transmits and teaches the Dzogchen teachings in centres he has founded around the world. The Dzogchen Community is made up of those who are interested in following and practicing these teachings

August 12th -14th 2016
Island Bay Retreat Centre Wellington

No Retreat Fee donations are welcome

Sat and Sun meals by prior arrangement only

Program of Events

Friday 12th August

7pm- Introducing the International Dzogchen Community, viewing the documentary **"My Reincarnation"** filmed by Jennifer Fox chronicles the 20 year story Chögyal Namkhai Norbu and his son Yeshe.

Saturday and Sunday 13th and 14th

9am -4pm Presenting different aspects of the Dzogchen Community including the meaning of Transmission, instruction and participation in mindfulness training, Vajra Dance and Yantra Yoga with authorised instructors:
1-4pm World Wide Transmission live webcast with Chögyal Namkhai Norbu open to all newcomers seriously interested in receiving the Dzogchen teachings

Santi Maha Sangha-Angie Gilbert

Vajra Dance-Rosa Altamirano

Yantra Yoga-Dean Wickenden



Santi Maha Sangha training begins with the Base Level that provides an essential training in the fundamentals of Sutra and Tantra theory and practice and is indispensable for those interested in the Dzogchen teachings



Vajra Dance is meditation in movement. Simple, slow and fluid movements relax the body, clear the mind, and relieve the tensions of our daily life



Yantra Yoga's unique series of positions and movements, combined with conscious breathing, can help coordinate and harmonise one's personal energy so that the mind can relax and find its' authentic balance

<http://www.dzogchen.org.nz>

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