

ATHENS

27th - 31st May 2015



INTERNATIONAL
DZOGCHEN COMMUNITY
GREECE - GARABLING



Chögyal Namkhai Norbu

Longsal Ati Lam-ngon
Preliminary Practice of Longsal

www.dzogchen.gr

Chögyal Namkhai Norbu

Chögyal Namkhai Norbu, a living "Terton", great scholar and researcher of the original Tibetan culture, is one of the greatest living holders of the knowledge of "Ati", The Primordial Yoga. In this 5 day retreat, on the coast of Athens, he will give general instructions on Dzogchen, and the special preparatory method "Ati Lam-ngon" from his unique cycle of "the Longsal Terma" teachings.

Dzogchen Teaching

Dzogchen is not a tradition, or a sect, it is the primordial state of the individual, total relaxation in the state of Dharmakaya, the "Great Perfection", the unfabricated nature beyond mind and its limitations. A Dzogchen master gives oral and symbolic instructions and introduces directly the non-dual state to the interested individual. Dzogchen or the "state of self-liberation", although beyond religious doctrines and belief systems, is considered to be the quintessence of all Buddhist teachings, the treasure of the enlightened ones, a complete non-gradual vehicle to total illumination. It is also a knowledge necessary for all individuals who wish to live a life with fewer tensions, greater simplicity and internal freedom from all limitations.

Venue

Congo Palace Hotel, 81stA Poseidonos Avenue, 16674, Glyfada – Athens
Greece

Schedule

Wednesday May 27th: 17.00 -19.00 teaching
Thursday May 28th: 17.00 -19.00 teaching and 19.30 Ganapuja
Friday May 29th: 10.00 - 12.00 teaching
Saturday May 30th: 10.00 - 12.00 teaching
Sunday May 31st: 10.00 - 12.00 teaching
Mornings and afternoons: explanations and courses of the main practices

Prices

WHOLE RETREAT €108 ... 27th - 31st of May 2015