



# DOLPO TULKU RINPOCHE & DHAMMADIPA

## Resting in the nature of mind

*The Heart sutra in theory and practice*

Meditation retreat with the **Venerable Dhammadipa** and  
**Dolpo Tulku Rinpoche (online)**

**Tue 22 April - Sun 27 April 2025**

In Shanta Vana (Malá Skála, CZ)

Dhammadipa and Dolpo Tulku Rinpoche will introduce how we can let our mind rest in its essence and thus strengthen our positive core of being, such as love and compassion. The Heart Sutra is the centrepiece of Buddhist teachings and shows us how to live in harmony with our perceptions and the world around us. One of the meanings of the word 'heart' is essence and in terms of the Mahayana teachings, it refers to the essence of the Buddha's teachings. It is about the wisdom that realises emptiness and transcends all worldliness. When we recognise emptiness - that is, when we become accustomed to the corresponding view (through meditation) and apply it - this enables us to overcome our unwholesome emotions.

With gentle Qi Gong, meditation and profound teachings, Dhammadipa on site and Dolpo Tulku Rinpoche online will be introducing us to this Buddhist wisdom.

**Everyone is welcome, no previous knowledge is required!**

**Language:** English

**Registration & Contact:** [carmen@dolpotulku.org](mailto:carmen@dolpotulku.org)

**Arrival:** Tue 22 April from 3pm - Introduction 6:00 pm

**Departure:** Sun 27 April after morning practice and breakfast, around 11 am

**Contribution** (reduced for members, students, unemployed, retired): All prices **include accommodation & vegetarian full board**

**350 Euro / 300 Euro reduced**

Anyone who would like to and has the financial means to do so is welcome to transfer an extra 50 euros. We would then add this money to our 'sponsoring pot', with the help of which we try to enable those people who are less well-off to participate.

If someone has no financial means at all, the participation fee can be waived in exchange for help during the retreat, after examination by Dolpo Tulku e.V. and Dhammadipa himself.

Furthermore we want to point out that retreat costs only cover our expenses To acknowledge the effort of Dhammadipa and Dolpo Tulku Rinpoche, it would be nice, if participants could bring a certain amount as **Dana**. Thank you very much!

Please transfer the **participation fee to the Dolpo Tulku e.V. account by 15 April 2025 at the latest**. Participation will only be confirmed after receipt of the fee.

**Account:** *Dolpo Tulku e.V., Stadtparkasse München,*

*Kto. 100 199 5404, BLZ 701 500 00*

*IBAN DE82 7015 0000 1001 9954 04*

*BIC SSKMDEMXXX*

*Intended use: **nature of mind***

**Paypal:** [www.paypal.me/dolpotulkuev](http://www.paypal.me/dolpotulkuev)

**Withdrawal:** For cancellations of up to 8 days before the beginning of the retreat, we claim a contribution for administrative costs of 50 % of the seminar fee.

**Venue:**

[Shanta Vana](#)

Bobov 431, 468 22 Malá Skála

Jablonec nad Nisou District

Czech Republic

We will try to form car pools, please let us know when you register if you need a lift or if you can take someone with you! Thank you very much!

### **Travelling by train:**

The nearest railway station is 'Malá Skála'. You can usually get there via the Prague or Liberec transfer stations.

You can be picked up at the station by prior arrangement.

**Bring with you:** Slippers, comfortable clothes for Qi Gong and meditation, warm socks, toiletries, **bed linen or sleeping bag and towels** (those travelling by public transport can borrow bed linen for a donation).

**Karma yoga:** Like most traditional retreat centers, Shanta Vana depends on its visitors' assistance (so costs can be held as low as possible). Therefore every participant is asked to contribute about 45 to 60 minutes per day, assisting in everyday work in the kitchen and around the house. Naturally, these periods are adapted to our retreat schedule.

**Liability:** Participation in this retreat is at your own risk. The organizer, Dolpo Tulku e.V., as well as the instructor shall accept no liability for any personal injury and damage to property, caused on the occasion of course participation. Intensive meditation retreats are often not suitable for people with a history of psychiatric illness. In case of doubt, we ask for consultation in advance.