

## **YEAR 4/2017 SAMYE LING: meditation & yoga intensive retreat – with cat alip-douglas & phil douglas**

**Eskdalemuir, Dumfriesshire, Scotland**

**Kagyu Samye Ling - tibetan buddhist centre/kagyu tradition**

Thursday, 3rd – Sunday, 6th August 2017

Cost: £350 tuition & donation to support Kagyu Samye Ling

(accommodation to be booked directly with Samye Ling)

Deposit: £200 to hold a space – (FULL CAPACITY – PREVIOUS YEARS)

**Balance due: 3rd June (two months prior) – NO REFUNDS AFTER THIS DATE**

Payment methods: cash/cheque/bank transfer

Cheques made out to: Catherine Alip-Douglas

Bank transfer to: TSB – Bayswater Branch, 30-32 Westbourne Grove

sort code: 309059, account number: 14231860, Swift/BIC code: LOYDGB21341, IBAN: GB50 LOYD 3090 5914 2318 60

**The Retreat:** 3 nights/4 days intensive: yoga sessions (2.5-3hours), meditation sessions with Samye Ling's sangha, tour of grounds, lectures, chanting, butter lamp lighting and informal gatherings in an environment conducive to a proper 'retreat'. Samye Ling provides the perfect surroundings to go deeper in your meditation practise, learn about Tibetan Buddhism in the Kagyu tradition and reconnect with nature. It's a simple retreat for students who want to get to the heart of the practice. Meals and accommodations are also simple and the vegetarian/vegan food served is for the sole purpose of nourishment. There is also a small café onsite. For more information: <http://www.samyeling.org/about/>

**Accommodations:** Each participant must secure their own accommodation – there are several pricing/sleeping options. This price includes the cost of breakfast, lunch and dinner – NOTE: simple meals only. Payment is due at check in. **STRONGLY SUGGEST: Reserve your room very much in advance (2017 is Samye Ling's 50<sup>th</sup> Anniversary) by following this link:** <http://www.samyeling.org/webbooking>

### **Kagyu Samye Ling: Five Golden Rules**

To show respect for ourselves and others and to protect Samye Ling as a sacred space, Abbot, Lama Yeshe Rinpoche requests all who visit and stay here to follow these rules:

1. To protect life and refrain from killing.
2. To respect other's property and refrain from stealing.
3. To speak the truth and refrain from lying.
4. To embrace health and refrain from intoxicants.
5. To respect others and refrain from sexual misconduct.

By keeping these Five Golden Rules we aim to keep Kagyu Samye Ling a pure and special place and an example for ourselves and others, now and in the future.

May all beings benefit and be happy.

Lama Yeshe Losal Rinpoche

Chairman of Rokpa Trust

Please go to Kagyu Samye Ling's website for further details and/or travel directions. Trains leave regularly from Euston station, if traveling from London. Taxi shares suggested from Carlisle for ease of travel and more train options. Lockerbie is closer but requires a train change but it is a shorter taxi journey. Taxi journey from Carlisle to Samye Ling is approximately 1 hour. Most students coordinate their taxi journey from Carlisle or Lockerbie closer to the time of retreat.

**The Booking Form: (please print)**

Name:.....

Address: .....

Mobile Phone: .....

E-Mail: .....

Amount/method of payment enclosed:.....

Emergency Contact:.....Phone:.....

**The Reservation:** How to book in? Complete this form and return it with deposit/full payment. Reservations will be based on a first come first served policy. This retreat has been full to capacity in previous years. Questions? [cat@sangyeyoga.com](mailto:cat@sangyeyoga.com)

**The Fine Print:** A deposit (£200) is required to book in, reserve a space. Full payment is required to confirm reservation **no later than 3rd June 2017 to confirm your booking.** The deposit is not refundable after that date. **There is also a 20% processing fee for canceling/requesting a refund. This 20% fee will be made as a donation to Samye Ling Monastery to contribute to their many ongoing projects.**

If I cancel or significantly alter an important element of the retreat, I will offer a full or partial refund of the tuition. However, please note transportation expenses will not be covered. Please bring a mat and any props that you may require for practice. A detailed itinerary will be available closer to the retreat.

"I have read the above and understand the information pertaining to this retreat. I am aware that I must be covered by my own travel insurance appropriate to the activity in order to participate in this yoga retreat and do not hold Catherine Alip-Douglas responsible. Any cancellations or changes on my behalf must be made in writing to the attention of Catherine Alip-Douglas within a reasonable period of time. **Cancellations after 3rd of June will result in loss of deposit.**"

**Signature**.....**Date**.....

