

**YEAR 6/2019 KAGYU SAMYE LING: meditation & yoga retreat – with cat & phil
Eskdalemuir, Dumfriesshire, Scotland
Kagyu Samye Ling - tibetan buddhist centre/kagyu tradition**

Thursday, 8th – Sunday, 11th August 2019

Cost: £350 tuition (includes donation to Kagyu Samye Ling) This is an additional way we have chosen to support the monastery & their ongoing charitable work.

Accommodation to be booked directly with Samye Ling.

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

Balance due: 8th 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:

IBAN:GB49TSBS30905914231860 BIC: TSBSGB2AXXX

The Retreat: 3 nights/4 days includes a tour of samye ling, daily yoga sessions (2-2.5hours), lectures, meditation practice with Samye Ling's sangha, a film screening of "AKONG" based on Akong Rinpoche, one of the founders of KSL and informal gatherings in an environment conducive to a proper 'retreat'. As always, this retreat is also part of the Sangyé Yoga School's 2019 TT. There will be time for walks in the beautiful surroundings and reading books from their well-stocked and newly expanded gift shop.

NOT INCLUDED: accommodation (many options depending on your budget) & travel.

Kagyu Samye Ling provides the perfect environment to reconnect with nature, go deeper in your meditation practice, learn about the foundations of Tibetan Buddhism and the Kagyu lineage. It is a simple retreat for students who want to get to the heart of a practice and spend more time than usual in meditation sessions. 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 including camping if you wish. This price includes the cost of breakfast, lunch and dinner – NOTE: simple meals only. Payment is due to Samye Ling at check in. **STRONGLY SUGGEST: Reserve your room very much in advance, follow 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 and 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. You can connect with others and organize shares, etc through a fb retreat/event page that I have created:

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@catalipdouglas.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 8th June 2019 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 8th of June will result in loss of deposit.**"

Signature.....Date.....