



4-7 April 2024

Teachings with Ven. Sabchu Rinpoché

# Chenrezig Sadhana

Venerable Sabchu Rinpoché  
will be guiding us through the  
Chenrezig Sadhana.

From Thursday, the 4th of April  
until Sunday, the 7th of April we  
will receive extensive explanations  
on the recitation of the Chenrezig  
Sadhana.



Dear practitioners,

This Spring Venerable Sabchu Rinpoche offers us an intensive and new teaching on the Chenrezig Sadhana which we so often recite.

**This workshop will be held in English and translated into German!**

Dear Friends,

This very profound practice and meditation on the four-armed Chenrezig, which is widespread in the East and the West, is part of the Mahayana and Vajrayana traditions of Buddhism.

Therefore, gaining a profound understanding of this sadhana can make a huge difference for our own Chenrezig practice. By learning why and how we practice and/or by deepening the already obtained understanding of the sadhana, we can strengthen our confidence and enhance our determination.

Together we will go over the Chenrezig practice and break it down, section by section. First, we will establish the base and explore who Chenrezig is and what he stands for. What does the 4-armed Chenrezig and the accompanying symbols represent? What is the origin of the six-syllable mantra?

Next, we will study the Chenrezig sadhana. The version we have been using and will continue to use was composed by Tangtong Gyalpo, a highly venerated Mahasiddha from the 14<sup>th</sup> century.

The sadhana consists of the following stages:

We begin by paying homage to the lineage, followed by taking refuge in the Three Jewels: Buddha, Dharma and Sangha (which is a common practice in Hinayana, Mahayana and Vajrayana). Next, we develop Bodhicitta (Mahayana and Vajrayana practice) and in the third part we perform the visualisation practice of the creation and completion stages (Vajrayana). Included in these three stages are the Seven Branch Prayer and the prayer to free all sentient beings of the six realms from suffering.

During the three-day weekend course, we will cover all the steps of the practice in detail.





### About Sabchu Rinpoché

Sabchu Rinpoché is a contemporary Tibetan Buddhist teacher, born and raised in Nepal, and active in overseeing the activities of the Karma Kagyu monastery in Swayambhu. In addition to the traditional Tibetan education and training, Rinpoché also completed a Bachelor's degree in Film Studies in Canada. Dividing his time between personal retreat, overseeing his monastery, and teaching Dharma, Rinpoché also sets aside some time to write short teachings and narratives.

Rinpoche's official website: [sabchu.org](http://sabchu.org)

## Schedule

### Thursday, 4<sup>th</sup> of April 2024

16:00 check in

17:30-19:00 dinner

19:00-21:00 introduction of the Chenrezig workshop

### Friday, 5<sup>th</sup> of April and Saturday, 6<sup>th</sup> of April

06:00-07:30 workshop

08:10-08:45 breakfast

08:50-11:30 workshop

11:30-12:30 lunch

12:30-13:55 silent break

14:00-19:00 workshop

19:00-20:00 dinner

20:00-21:00 Chenrezig meditation

### Sunday, 7<sup>th</sup> of April

06:30-08:00 workshop

08:10-08:45 breakfast

08:50-12:00 workshop

12:00-13:00 lunch

## **List of items to bring along**

- kathak (also available on site) and your mala
- Duntsam Booklet
- Chenrezig sadhana (ONLY the one from Norbu Verlag, the pecha – NOT the little booklet)
- Long-life prayers for His Holiness the 17<sup>th</sup> Gyalwa Karmapa and the venerable 5<sup>th</sup> Dilyag Sabchu Rinpoché
- cushion and mat (there will be chairs available but no cushions nor mats)
- white clothing for Sojong vow

**This list will be also available on our website: [duntsam.com](https://duntsam.com)**

## **Workshop fee**

The workshop fee will be 170€.

## **Accommodation**

Room reservations can be placed with us but you can pay on site. We have received a special guest group price which includes 3 vegetarian meals per full day.

1350 CZK (equivalent to 55€/night and person).

1700 CZK single person in a double room (eq.69€/night and person)

*Note: december 2023 currency exchange!*

Bed sheets and towels are included in the price. There won't be any room service during our stay.



## Rooms

The following listing provides an overview of the rooms available.

For example:

room 6 is a quadruple bedroom (4 beds)

room 7 is a double room with 2 beds together (M)

room 8 is also a double room but with 2 separated beds (O)

| <u>room</u> | <u>type</u> | <u>room</u> | <u>type</u> | <u>room</u> | <u>type</u> |
|-------------|-------------|-------------|-------------|-------------|-------------|
| 1           | 2PM         | 6           | 4P          | 11          | 2PM         |
| 2           | 4P          | 7           | 2PM         | 12          | 1P          |
| 3           | 3P          | 8           | 2PO         | 13          | 2PO         |
| 4           | 3P          | 9           | 2PO         | 14          | 2PO         |
| 5           | 2PM         | 10          | 2PO         | 15          | 2PO         |

## Location

### Bechneruv Statek

Masarykovo nám. 18

270 61 Láň, Czech Republic

Website: <https://www.bechneruvstatek.cz>

Google maps: <https://maps.app.goo.gl/f8K8sfrHa7vCfvZ66>

Email: [napis@bechneruvstatek.cz](mailto:napis@bechneruvstatek.cz)



View towards the entrance of the gompa



View towards the restaurant (left) and gompa (right)

## **Transportation**

Should you plan to attend, please don't forget to tell us by what means you wish to arrive, since a dedicated transportation from the Prague airport or the train-station can be organised.

Price from airport to location: 1800 CZK (eq. 74€)

Price from train station to location: 2200 CZK (eq. 90€)

Shuttle service is for up to 8 persons which means the more people traveling together at once, the more economical it gets.

Of course you can use public transportation as well – which includes more in between stops plus the time traveling doubles or triples.

## **Registration**

The registration can be done via google forms under the following link:

<https://forms.gle/xGcAm9pw9L4B4TkFA>

Please note the capacity is limited to up to 35 people.

With heartfelt wishes and looking forward to a blissful and joyful workshop,  
*The Düntsam Orga-Team*