

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 14th 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

Schedule

Thursday, 4th of April 2024

16:00 check in

17:30-19:00 dinner

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

Friday, 5th of April and Saturday, 6th 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, 7th 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 17th Gyalwa Karmapa and the venerable 5th 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

Workshop fee

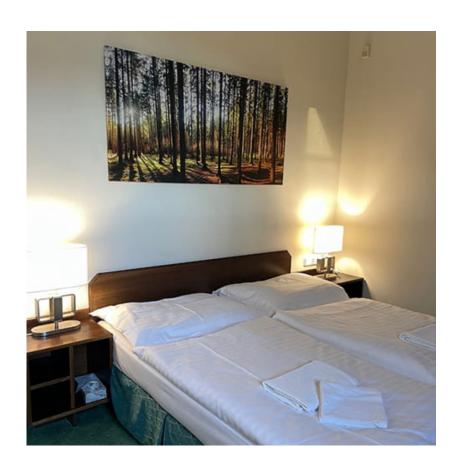
The workshop fee will be 170€.

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 Lány, Czech Republic

Website: https://www.bechneruvstatek.cz

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

Email: 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 trainstation 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*