

Welcome to a three day Dzogchen retreat with James Low.
The retreat will take place in Zalesie Gorne near Warsaw on 30 May -2 June 2013.
The topic will be to unveil **Six Vajra Verses of Vairocana**.

JAMES LOW

James is a teacher of Dzogchen in the Tibetan Buddhism tradition. He has translated many traditional texts and written extensive commentaries on them. Due to many transmissions and full lineage authority received from his root guru C.R.Lama, he has been teaching principles of Dzogchen in Europe. He works as a psychoterapist for the NHS in London.

www.simplybeing.co.uk

Time Schedule

Thursday 30 May - 5PM start + dinner

Friday 31 May – all-day talk

Saturday 1 June – all-day talk

Sunday 2 June – morning session + end at 12AM

How to get there

Address: „Pod Kogutem” Długa 8, Ustanow (30km from Warsaw)

Best by Rail: 45min from Warszawa Srodmiescie (City Center) to station Ustanowek

Trains leave every 1 hour. Take the regional („KM”) train direction Radom.

Accommodation

The resort offers 6 dormitories with 5 or 6 beds/each.

Each dormitory has own bathroom and shower.

There is also open camping site with shared bathroom.

Prices

- 110 EUR per person (room)

- 90 EUR per person (camping)

Registration

1.Please pay in advance 50 EUR, no later than 15 May

BANK PL63 1140 2004 0000 3402 3020 2149

Konrad Switala

Zajaczka 1/5

01-518 Warszawa

2.Please confirm your reservation by sending an e-mail to konradswitala@poczta.onet.pl.

Please write the names of participants and specify preferences for rooms and meals (i.e.vegetarian/not vegetarian).