

## **Foundational Practices of the Dakini Heart Essence**

### **Lama Tharchin Rinpoche**

#### **Lama Dechen Yeshe Wangmo**

Lama Tharchin Rinpoche will present in-depth teachings on the foundational practices (*ngondro*) of the Dakini Heart Essence (*mkha 'gro thug thig*). To our knowledge, this is the first extensive presentation of these important practices of the Dakini Heart Essence. Lama Dechen Yeshe Wangmo will facilitate practice sessions and translation will be provided by Lama Ngawang Zangpo.

These foundational practices are given as the preliminary training for all Vajrayana practices, such as yidam (personal deity), tsa lung (subtle energy), and dzog chen (Great Perfection). But equally important, they are quintessential in themselves because they target all the key points of the Vajrayana path: personal orientation and spiritual motivation, purification, positive accumulation, and union with the mind of the guru which leads to the direct experience of our innately enlightened nature. In short, these foundations are the life-long companion of any vajrayana practitioner.

This event will be held at the Nazareth Retreat Center which offers a peaceful oasis only minutes away from downtown Boise. All rooms have private baths. Nazareth does not have a website.

## **PROGRAM SCHEDULE**

### **Saturday - Tuesday**

10AM-12:30PM - Lama Tharchin Rinpoche Teaching  
2PM - Lama Dechen Yeshe Wangmo Review & Practice  
6:30PM-9:00PM - Lama Tharchin Rinpoche Teachings

### **Wednesday**

10AM-12:30PM - Lama Tharchin Rinpoche Closing Session

A Refuge Ceremony with Lama Tharchin Rinpoche is tentatively scheduled for Monday.

## **STAY IN TOUCH**

Please visit [www.jnanasukha.org/boise.htm](http://www.jnanasukha.org/boise.htm) for up-to-date information and/or sign up for our e-mail updates at [www.jnanasukha.org/join.htm](http://www.jnanasukha.org/join.htm).

## **IMPORTANT DEADLINES**

- Early bird discount registration - payment in full must be received by July 14.
- Regular registration payment in full must be received by Aug. 20.
- On-line registration ends Aug. 25.

## **ACCOMMODATIONS**

Your accommodations cannot be guaranteed until your full payment is received.

## **CHECK-IN TIMES**

### **Full Program**

Check-in on Fri. Aug. 29 from 4:30PM - 9PM. If arriving later, please notify the registrar. Dinner will be served at 5:30PM.  
Check-out is Wed. Sept. 3. Lunch served at 12:30PM.

### **Weekend Program**

Check-in on Fri. Aug. 29 from 4:30PM-9PM. If arriving later, please notify the registrar. Dinner will be served at 5:30PM.  
Check-out Tues. Sept. 2 at 9AM (breakfast provided).

### **Daily Attendance**

Check-in daily between 9AM-9:30AM.

### **Evening Sessions Only**

Register and check-in at 6PM.

## **PAYMENT**

### **Payment Options**

We have chosen PayPal to process our online payments for credit cards and bank transfers. Checks are also accepted and must be received by registration deadlines.

Until July 14, partial payment option is available at registration. A minimum deposit of \$350 is required and the balance is due by July 25.

### **Early Bird Rate Registration**

To take advantage of the early bird rate, full payment must be received no later than July 14. On 15 July all unpaid full retreat registrations will automatically be converted to the regular rate.

**Accommodations cannot be guaranteed until full payment is received.**

### **Registration July 14 -July 24**

All registrations after July 14 must be paid in full upon registration (via PayPal or check).

Accommodations cannot be guaranteed until full payment is received.

### **Registration after July 25**

No online registration. You must register on-site with cash or check only. No credit cards.

### **Paying by Check?**

Please include a copy of your confirmation e-mail with your check and mail to:

Jnanasukha

P.O. Box 742975

Dallas, Texas 75374-2975

### **Work Study**

We do not have a work study program.

### **Financial Assistance**

If scholarship funds become available, we will offer limited financial assistance to students, retirees, and other on an individual basis. Please direct your inquiry to [marzi@jnanasukha.org](mailto:marzi@jnanasukha.org).

### **Cancellations**

Cancellation requests should be addressed to [treasurer@jnanasukha.org](mailto:treasurer@jnanasukha.org)

## **CANCELATION & REFUND POLICY**

### **Refunds on Tuition**

Cancellation before 20 August, tuition minus \$50 will be refunded. No tuition refunds will be issued after 20 August. However, you may transfer your registration to another person.

### **Refunds on Accommodations**

Before July 15, your accommodations fee paid minus \$25 will be refunded.

From July 15 to Aug. 15, your accommodations fee minus fee paid minus \$50 will be refunded.

After Aug. 15, no accommodations refunds will be issued, however, you may transfer your registration to another person.

### **How to Cancel**

Please email cancellation request to: [treasurer@jnanasukha.org](mailto:treasurer@jnanasukha.org).