

Visit of Ven. Tenga Rinpoche August 24th - September 2nd, 2009

August 23th - arrival in Warsaw (by train)

August 24th (Monday) - a lecture in Warsaw

(organizational matters haven't been settled yet)

August 25th - September 1st - a course in the Grabnik Centre (8 days)

September 2nd - a ceremony of closing the doors of the first three-year retreat

September 3rd - departure from Poland to Italy

The teachings will be translated into English and Polish.

Registrations for private audiences with Rinpoche start at 9:00 a.m. on the 1st of August.

They will be available at the telephone number: (+48) 22 211 37 51.

The full program in Grabnik:

August 24th (Monday) at about 7.00 p.m. - arrival of Rinpoche to Grabnik

August 25th (Tuesday)

10.00 a.m. - teachings

3.00 p.m. - teachings

August 26th (Wednesday)

10.00 a.m. - teachings

3.00 p.m. - teachings

August 27th (Thursday)

10.00 a.m. - Dorje Phurba empowerment

3.00 p.m. - Dorje Sempa empowerment

August 28th (Friday)

10.00 a.m. - Milarepa empowerment

3.00 p.m. - Karma Pakshi empowerment

August 29th (Saturday)

10.00 a.m. - teachings

3.00 p.m. - Chod empowerment

August 30th and 31st (Sunday and Monday)

10.00 a.m. - teachings by Lama Ngawang

3.00 p.m. - teachings by Lama Ngawang

At that time Rinpoche will give teachings and empowerments to the sixteen persons who start the three-year retreat in the retreat centre in Grabnik

September 1st (Tuesday)

10.00 a.m. - teachings

3.00 p.m. - White Tara empowerment

Only those who formally entered the Buddhist path by taking Refuge in the Three Jewels can participate in the empowerments.

Every day:

7.00 a.m. - Green Tara puja

5.00 p.m. - Mahakala puja

8:00 p.m. - Chenrezig puja

September 2nd (Wednesday)

Rinpoche will close the doors of the first three-year retreat. Anybody can attend the first part of the ceremony.

Registration

The date of registration for the course in Grabnik - **until the 12th of August**. A registration form for the course you find on our web:

www.benchen.org.pl/courses2009TengaRin.htm#booking

In order to settle down all of the formalities please report to the office at least half an hour before the session! During the lectures and empowerments the office will be closed.

Suggested donation (course without meals):

| | Full price | For the members of the Association | For children and accompanying persons |
|--|------------|------------------------------------|---------------------------------------|
| One day with Rinpoche | 80 zł | 75 zł | 7 zł |
| One day with Lama Ngawang | 45 zł | 40 zł | 7 zł |
| The full course (without meals) | 570 zł | 530 zł | 56 zł |
| Only lecture | 40 zł | 40 zł | - |
| Only empowerment | 55 zł | 55 zł | - |
| Additional lodgings (before or after the course) | 7 zł | 7 zł | 7 zł |

BONUS: those who register for the full course and pay minimum 50% of the whole sum **until July 10th** will pay 500 zł.

Young people, who are still studying have a possibility to receive an additional discount.

Remember that you will have no discount if you change your application later than two days before the beginning of the course (the full price will be counted for the new application).

This rule concerns also members of the Association, which are entitled to the discount.

Meals (only booked and paid on time):

breakfast 8 zł
lunch 10 zł
supper 8 zł
full board 26 zł

We provide plastic plates and cutlery for each participant. But **it is necessary to bring your own cups** with you!

The date of the reservation and prepayment for the meals: **until August 12th.**

We cannot guarantee meals for those who do not book or pay on time.

Please think your decision over. Due to organizational reasons there is no possibility of changing your application later on.

Those who intend to cook their own meal, are asked to bring their own appropriate equipment (portable gas-cooker, pots etc.).

Accommodation in tents

If somebody doesn't have their own tent, it is also possible to sleep in the "summer lhakang" (a big tent with wooden floor, in which the course will take place). You can bring your own caravan or a mobile home on the territory of the centre, only for the time of the course.

Recording the lectures

Lectures can be recorded and noted down only for personal use. Any copying, publishing or spreading of the lectures (also in the internet) requires the agreement of Rinpoche and additional authorization of the translator.

We ask to pay special attention to any valuable, personal belongings, while staying in the Centre! The Centre doesn't take any responsibility for things, which were lost or left after the course; or for any material losses, which happened during the course, which are not of a fault of the Centre.

To avoid any misunderstandings please read "The Manual For Participants of the Courses".

Prepayment

You can make your prepayment to the following account:

Zwiazek Buddyjski Tradycji Karma Kamtchang w Polsce
Grabnik 4, 96-313 Jaktorow
ING-BSK Bank Slaski o/Pruszkow
BIC: INGBPLPW
IBAN: PL 67 1050 1924 1000 0023 0420 6275

If more convenient, and it is likely to be cheaper from outside Poland, you can also make on-line (secure connection) prepayment using a credit card:

www.benchen.org.pl/courses2009TengaRin.htm#prep