



# Brightening Your Inner Clarity

## A mindfulness retreat in Lawudo, Nepal

with Ven Khadro

13<sup>th</sup> April to 4<sup>th</sup> May 2019

Includes guided trek, 7 day retreat and Kathmandu Buddhists visits



Lawudo Gompa and Retreat Centre is situated in the Himalayan mountains of eastern Nepal. It is known as the Cave of Blissful Attainments, was discovered by the previous Lawudo Lama and it's Lama Zopa Rinpoche original home. The meditations will be guided in english, focused on the breath and gradually moving to mindfulness of mental activity and of awareness of awareness.

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