



Calm Abiding & Bodhichitta Retreat

In Lawudo Hermitage, Nepal

with Ven Thubten Khadro

15th April to 6th May 2021



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.

For more information contact: nic@lifedeath.com.au & visit: www.lawudo.com