



Khandro Thrinlay Chodon

Khandro Thrinlay Chodon comes from a family of great yogis and meditators of the Drukpa Kagyu Lineage of Buddhism. She received all the empowerments, transmissions and teachings of her lineage from the late Gegen Khyentse Rinpoche, and studied with many great teachers, including H.H. Dilgo Khyentse Rinpoche.

Compassionate and exuberant, Khandro is devoted to bringing the wisdom of her tradition into today's world.

Wednesday May 28th, 7pm

Public Talk: Embrace and Surrender

Venue: Nelson Buddhist Centre, 87 Nile Street | \$10

Contact: Keith | **tel:** 03 546 8419 | **email:** keith@rigdzintrust.org

In understanding our true nature we can deeply relax and surrender beyond ego's grip. Khandro Rinpoche is an embodiment of this process and this letting go brings effortless joy, love and compassion into our lives.

Friday May 30th to Monday June 2nd

Residential retreat: Fearless Spirituality

Venue: Wangapeka retreat centre (1 hour from Nelson)

Contact: Roz | **tel:** 03 544 9362 | **email:** stuart.roz@paradise.net.nz

Cost: \$250 waged / \$180 unwaged (includes accommodation and food)

To secure your place **contact us in advance**, letting us know of any allergies to wheat or dairy.

In this retreat Khandro Rinpoche will help us deepen our practice. Spirituality is the inner aspect of our being and developing this awareness makes us able to deal with life's sufferings courageously. Khandro-la will teach Avalokiteshvara from the mind treasure of her great-grandfather Togden Shakya Shri. As an experienced lay practitioner Khandro-la shows us how to incorporate our spiritual focus and practices into our everyday lives.