



UK Pathgate Study Group Retreat

Venerable Lama Dondrup Dorje has compassionately arranged for a two-day *UK Pathgate Study Group Retreat* to take place at the *Palyul Tibetan Buddhist Meditation Centre*, Newcastle upon Tyne, England.

The retreat will be supervised by senior facilitators of the *Pathgate Institute*, and will be conducted in accordance to the guidance of *Lord Buddha* on *Dharma practice* by utilising the *Three Wisdom Tools* of *Listening Repeatedly*, *Contemplating Repeatedly* and *Meditating Repeatedly*.

This *Study Group Retreat* offers an opportunity for the Pathgate students to consolidate the teaching they received from *Venerable Lama Dondrup Dorje* so that they may have better *consistency* and *success* in *implementing* the *Wisdom of Dharma* in their lives for *the benefit of all beings*. This retreat is also suitable for anyone who wishes to develop better understanding of Buddhism.

The main focus of the 2-day retreat will centre upon a series of *Audio Teaching by Venerable Lama Dondrup Dorje* that has been specially selected from the *Dharma Foundation Course* material. Each teaching session will be followed by guided practice of *contemplation* and *meditation* on the key points from the teaching. Students at the retreat will also have the opportunity to participate in *Morning & Evening Prayer Practices*, *Guru Yoga*, *Tara Puja*, *Mahakala Protector Practice*; *Classical Meridian Qigong*, and *Shiney Meditative Taijiquan*.

All participants are by advanced registration only. There is no formal charge for the retreat. Students may make offering of their own in accordance to the custom of receiving Dharma teaching.

For more information on **Ven. Lama Dondrup Dorje**, visit www.pathgate.org

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