An Enlightenment Intensive (EI), based faithfully on the original form created by Charles Berner, will be followed by a very special integration period of Dharma teachings from the Dzogchen tradition of Tibet, with teacher James Low. He will provide teaching, commentary and guidance for two and a half days following the EI.   
​  
For over 20 years Shivam has experimented with integrating this powerful Self-Enquiry Retreat using techniques such as Breath Work, Dance and simply spending time in nature.   
​  
"I am delighted that such a possibility has arisen and encourage all who are interested in true enquiry or Buddhist Dharma to come and attempt to go deeper together. I believe that Buddhist Meditators can learn from direct enquiry and EI old hands can move further with the support of such a profound tradition. Anyone curious and open can benefit beyond measure from these practises and this combination of methods.  
​  
During the days after an EI ripples and waves of acceptance pour forth and it becomes strikingly easier to rest in an all allowing openness. However, if this new and often delicate flower is not given space to fully bloom it easily becomes a memory.   
​  
The Dzogchen tradition of Tibet deals with the transmission of utter openness beyond all thought and the subtle approaches to practise maintain that openness in all situations. James Low brings a rare distillation of the vast Tibetan tradition. Accessible, precise and in plain language, his exposition of this profound view is delivered in a direct style that can be applied intimately in the context of our ordinary day-to-day lives."  
​  
- Shivam

Visit  this website link for details and bookings.

<https://www.spirithorse.co.uk/dzogchen-buddhist-retreat-and-self-enquiry?fbclid=IwAR2u1QBqq6JI1pulUDHc85ZyKUmAjFaeyGFk_UAVI_ehAn_0SmXgQZ0YNkw>

Email contact: [spirithorse@gmail.com](mailto:spirithorse@gmail.com)

 if you have any questions or queries

£500. Write to  [spirithorse@gmail.com](mailto:spirithorse@gmail.com) if you want to apply for Concessions £400.