

## **„The Practice of Meditation “ - Mahamudra and Dzogchen Summer Retreat**

**with James Low**

**July 6<sup>st</sup> – 14<sup>th</sup> 2024 at Retreathaus Berghof, Germany**

The retreat will start on Saturday 6th July 2024 at 6 p.m. and will end at 1 pm on Sunday 14th July, followed by lunch and cleaning up the retreat house together.

This Retreat will focus on “The Mahamudra Instructions of Tipun Pema Chogyal” (1876-1958), an accomplished Drukpa Kagyu master. This short text shows us how to identify and respond to the many kinds of obstacles that can occur in practice. The aim of the retreat is to enable us to maintain calm, clear awareness whatever occurs. The text will be available for the retreat in English and German in digital form and, if required, also as a printout.

The teaching will be in English only and there will be many sessions of meditation practice. More information about Tipun Pema Chogyal at:

[https://rywiki.tsadra.org/index.php/Tripon\\_Pema\\_Chogyal](https://rywiki.tsadra.org/index.php/Tripon_Pema_Chogyal)



Tipun Ngawang Pema Chogyal

### **Registration**

Here you can register for the retreat and for room and meals. The rooms are allocated in the order in which they are registered. We ask for your understanding that rooms can only be booked for the entire period of the retreat. For registration do not send Emails to the Berghof office, please use the prepared online form at the Berghof homepage: <https://www.retreathaus-berghof.de/programm/>

### **Course fee:**

220 € regular, 155 € members of Retreathaus Berghof, 110 € social price.

In addition to this Retreathaus Berghof course fee there will be the possibility to offer a dana to James to express your gratitude for the teachings.

## **Prices for rooms and meals**

### Overnight stay per person and day including VAT:

Single room with bathroom 35,- €  
Double room 27,- €  
Room with 4 beds and bathroom 20,- €  
Multi-bed area with one bathroom only 15,- €

Bed linen / towels if required 7 € per stay

### Daily meal rate per person including VAT.

Full board 36,- €  
Only lunch and dinner (if you stay overnight outside) 28 €  
Tea, coffee, cookies (if you do not book meals in the house) 6 €

## **Contact**

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D-63831 Wiesen (Spessart)  
Germany  
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Email: [office@retreathaus-berghof.de](mailto:office@retreathaus-berghof.de)  
<https://www.retreathaus-berghof.de>

## **About Retreathaus Berghof e.V.**

The Tibetan name of the Berghof retreat house is Rinchen Bangdzö, "precious treasure". It was founded in 2015 by a group of students from the Tibetan Buddhist teacher and Tibetologist H.E. Dargyab Kyabgoen Rinpoche and serves as a seminar and retreat house for Tibet House Germany in Frankfurt, a renowned cultural institute and Buddhist study center under the patronage of H.H. the Dalai Lama and spiritual headed now by H.E. Zong Rinpoche.

Located at the edge of Wiesen, a small village in the Spessart Nature Park, surrounded by meadows and forests, we can devote ourselves to study and meditation here and, on the basis of these experiences, explore how we have to interweave our Buddhist practice with constructive action in our personal environment and within society. It offers a place for a temporary retreat from the hustle and bustle of everyday life in order to find access to more inner peace and deeper insights through meditation. We also offer Buddhist meditation courses and seminars.

The former country inn has a larger meditation or seminar room with seat mats and cushions for about 50-80 people, a small seminar room with tables and chairs for about 20 people, a small meditation room for 15 people and rooms for the participants to stay overnight. There is a well-equipped kitchen and two dining rooms. We provide a cook for vegetarian cuisine. Due to the location on the outskirts, you are usually completely undisturbed, even during walking meditations in our garden or on the forest paths. Beside the house there is a nice meadow with a walnut tree in the middle for outdoor activities and exercises.

We are open to cooperation events with other Buddhist, interreligious or ethical-ecological groups, as long as these are in line with the values and goals of Retreathaus Berghof e.V.

## **Travel Direction**

Wiesen can be reached by car in about an hour from Frankfurt/Main. The international airport Frankfurt / Main is 45 minutes away by car. The next long-distance train station is Aschaffenburg, the next regional train station is Heigenbrücken. From Monday to Friday there are buses (20 min. drive) to Wiesen, on Saturday and Sunday every 2 hours during the day.

Bus schedule Heigenbrücken – Wiesen, Line 28:

<https://www.kvg-mobil.de/verbindungen/linienfahrplaene>

## **Accommodation in the area**

Since it is unfortunately not possible to accommodate all participants in the retreat house for large courses, we have compiled a list of accommodation options in the area.

Camping site, 3 km distance to Berghof

Camping Wiesbüttsee (06096 970256) [www.cris-camping.com](http://www.cris-camping.com)

Wiesen

Haus Schönblick [www.haus-schoenblick-wiesen.de](http://www.haus-schoenblick-wiesen.de)

Hella Elsässer (06096 252) and Sandra Elsässer (06096 603)

Kleinkahl (7 km distance)

Gasthof Bamberger Mühle [www.bamberger-muehle.de](http://www.bamberger-muehle.de)

Pension an der Kahlquelle [www.pension-kahlquelle.de](http://www.pension-kahlquelle.de)

Flörsbach (7 km distance)

Ferienwohnung Flörsbachtal drei Ulmen [www.ferienwohnung-drei-ulmen.de](http://www.ferienwohnung-drei-ulmen.de)

Frammersbach (12 km distance)

Gästehaus Laubertal [www.gaestehaus-laubertal.de](http://www.gaestehaus-laubertal.de)

Landhotel Spessarttruh [www.landhotel-spessarttruh.de](http://www.landhotel-spessarttruh.de)

Gasthof zum Grünen Baum [www.gasthof-zumgruenenbaum.de](http://www.gasthof-zumgruenenbaum.de)

Gästehaus Blatz [www.gaestehaus-blatz.de](http://www.gaestehaus-blatz.de)

Gasthof zur frischen Quelle [www.diefrischequelle.de](http://www.diefrischequelle.de)

Pension Haus Sonnenhang [www.sonnenhang.de](http://www.sonnenhang.de)

Heigenbrücken (14 km distance)

Privatpension Hasenstab [www.pensionhasenstab.de](http://www.pensionhasenstab.de)

Gasthof zur frischen Quelle [www.zurfrischenquelle-heigenbruecken.de](http://www.zurfrischenquelle-heigenbruecken.de)

Pension Villa Walburga [www.pension-villa-walburga.de](http://www.pension-villa-walburga.de)

Hotel Garni Berghof [www.hotelgarni-berghof.de](http://www.hotelgarni-berghof.de)

Pension Haus Sonneck [www.pensionhaussonneck.de](http://www.pensionhaussonneck.de))

Flairhotel Hochspessart [www.flairhotel.com](http://www.flairhotel.com)

Hotel Villa Marburg [www.villa-marburg.de](http://www.villa-marburg.de)

Flörsbachtal (15 km distance)

Hotel Flörsbacher Hof [www.floersbacher-hof.de](http://www.floersbacher-hof.de)

Hotel Waldeck [www.waldeck-spessart.de](http://www.waldeck-spessart.de)

Bergdorf Spessart [www.bergdorf-spessart.de](http://www.bergdorf-spessart.de)