



**Khandro Thrinlay Chodon
Hobart Events
March 5th – 16th 2009**

Public Events

Thursday March 5th 7.00pm Film Documentary **From Hobart to the Himalayas.**

View and witness an inspiring vision for creating sustainable community change in the desert regions of the highest mountains in the world.

Venue: The Yoga Studio at the rear. **Weeroona House 326 Elisabeth St Nth Hobart \$15**

Retreat

**Friday March 6th
Monday March 9th**

Calming the Mind and Looking Within

At Tara Nivas, a serene and simple retreat place

Accommodation available for 6 people / Camping for others \$370 / \$350

Retreat means to be away from the hustle and bustle of our everyday life, take a break and come to an environment where our physical body, busy thinking mind and aggravating emotions can all come to a rest. Shamatha means training our mind to focus and settle on the deep calmness that is always present. In this simple, ancient practice of mindfulness we learn to let our busy judgmental minds calm down and rest in peace. When firmly established, this calmness breaks the cycle of everyday reactive habits.

Public talk & weekend workshops

Friday 13th March 7.30pm The Web of Life

We encourage people to attend the weekend as a 3-day workshop, each event will be integrated with the proceeding ones.

You are also welcome to attend any session individually.

In our busy lives we seldom stop to look at the cycles that are in the seasons, the weeks, the days and even the last hours. We lose ourselves in busyness and forget our interconnectedness to everything around. We believe we are independent and focus on the false solidity of who we appear to be, yet when we look deeply we are totally interdependent on every level. When we see and accept this beautiful web that we are part of, our heart expands and compassion and love display impartially. **The Yoga Studio at the rear, Weeroona House 326 Elisabeth St Nth Hobart \$15**

Meaningful Dialogue

These two workshops are highly suited to people working in the helping professions, particularly psychologists, psychotherapists, social workers and counselors.

Saturday 14th March Interactive Workshop 1-5pm Reconnecting to the Web

This afternoon session follows on from the 'Web of Life' public talk. Khandro-la will introduce us to some contemplative and meditative exercises that replenish our connectedness to the natural elements. The afternoon will be an opportunity to revitalize our relationship with inner serenity and rejuvenate our connection to our selves and our environment. The wisdom of the ancient masters guides us to avoid getting lost in selfish motives. \$30

Sunday 15th March Teaching Workshop 3-4.30pm Dancing With Death

Death and dying is a subject that churns our emotions; something we tend to either avoid or fear. Yet death is an undeniable truth – it can knock on our door at any moment. Every moment we are dying and every loss or change is a death. Life is an opportunity to recognise and rely on the deeper ground of our being which is beyond death. Once we surrender to this ground we can fearlessly dance in life and when death, loss or change does approach it is no more foreign and we know how to dance with it too! Khandro-la speaks with depth and practical insight on this topic. She has a deep personal understanding of impermanence having faced much loss and death from an early age. \$15

5-7pm Candlelight Puja This practice infuses blessings for those who are presently suffering or are deceased. All welcome \$20

Please contact Dianne Pitman Ph 0432 954 587 for these workshops. Full weekend \$85

Khandro Thrinlay Chodon is a Drukpa lineage holder of Togden Shakya Shri, a renowned and realised Yogi, who was also a family man. Khandro-la, the great grand-daughter of Shakya Shri, is well known for devout spiritual practice. She also has a degree in East/West Psychology from the California Institute of Integral Studies. Since the death of her husband, His Holiness the IXth Shabdrung of Bhutan, she has, with the encouragement of many Vajrayana Buddhist Masters, been teaching and pursuing her spiritual vision of Khachodling. The current major projects of Khachodling are to:

1. Support her nunnery in Zanskar and help the lay community re-build its spiritual and community life
2. Build a traditional and allopathic hospital in Ladakh (both projects are in the Indian Himalayas)

Khandro-la is the embodiment of warmth and humanness. Her contemporary and profound Buddhist Teaching inspires and directs us to deepen our awareness and courageously expand into the path of wisdom, joy & compassion. She is a genuine gift.

Bookings Essential for all events

Please call Bodhi Resources 03 6224 4397 from January 16th between 6-9pm for further information and bookings

National Tour Details: www.khachodling.org