

# Sound & Silence Retreat

**MARCH 22 - 27, 2019** (3 or 5 day options)

**Where:** Dorje Ling retreat centre, Lorinna [www.tashicholing.net](http://www.tashicholing.net)

**Fee:** 3-day option \$450 / 5-day option \$600  
'early-bird' until March 1st; \$500 / \$650 full fee

**Includes:** all tuition, simple delicious vegetarian meals,  
single / twin share accommodation or camping

**Program:** sound meditation & mouna (silence), music & song,  
mantra, asana, pranayama, deep relaxation with music

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