

Samatha Shine Practice

at Pema Yang Dzong

With Lopöns Kinley, Thuji and Wangmo.

The 1st Sunday of the month according to the dates indicated in the program.

Open to all

10h - 12h and 14h30 - 16h

Dates :

Not in Mai	01.09
02.06	06.10
07.07	Not in November
Not in August	01.12

Langues: English - French

Participation: registration forms to be downloaded from the PYD website.

Possibility of arriving the day before by reservation:

info@yeshehorlo-pemayangdzong.com

Accommodation: there are a few beds in the centre (upon reservation), limited in the winter. Possibility to sleep in a local house, outside of the centre (15 min by car) at a preferential rate.