

**Two Programs.
Programs 1:**

THE PATH TO AWAKENING

**Shamar Rinpoche's Annual Teaching Program
on the Profound Practice of Mind Training,
June 25 to 27, 2010**

**Annual Bodhi Path Members Meeting,
June 28, 2010.**



**Followed by
Program 2:**

CONSCIOUS BREATHING

**A 5-day Silent Meditation Retreat
Led by Dharma Teacher Tsony,
June 29 (evening intro) to July 4, 2010**

Bodhi Path Natural Bridge, Virginia

*You are cordially invited to attend
either or both programs.*



NATURAL BRIDGE
BODHI PATH
BUDDHIST CENTERS

Program 1:

**The Path to Awakening by Shamar Rinpoche,
June 25-27,
Bodhi Path Natural Bridge**

Thank you for your interest in Shamar Rinpoche's 2010 annual teaching program, and/or Dharma Teacher Tsony's silent meditation retreat. You are welcome to attend either or both programs. The following information is provided to help with your planning.

Program 1 Information:

Mind Training, or Lojong, is a comprehensive practice, which embodies the entire path to awakening. The Buddha recognized we suffer because of our negative actions. Conversely, when we act positively, everyone benefits. In order to act positively in any situation, we must train our mind.

Mind Training nurtures and cultivates Buddha Nature, that pure seed of awakening at the heart of every sentient being. It has the power to transform egotistical actions into selfless generosity and compassion. Put into practice diligently, Lojong can lead to full awakening. Shamar Rinpoche's book, *The Path to Awakening, A Commentary on Ja Chekawa's Seven Points of Mind Training*, edited and translated by Lara Braitstein, PhD, is the basis of this teaching program. Rinpoche will continue to explain the inner meaning of Chekawa's Seven Points. The program will conclude with a celebration, Sunday evening, June 27.

Shamar Rinpoche

Shamar Rinpoche is the 14th Shamarpa, or Red Hat Lama of Tibet, the second-oldest reincarnate lineage. Rinpoche was born in 1952 and spent many years studying in India with Buddhist scholars. He began to travel and teach throughout Asia and the West in 1980. In 1996, he organized the Bodhi Path Buddhist Centers, a worldwide network of centers based on a non-sectarian approach to Buddhism. The curriculum of Bodhi Path centers is grounded in the teachings of the 11th century Indian Buddhist master Atisha, as they were transmitted by Gampopa.

Schedule:

Friday-Saturday, June 25-26:

Teaching by Shamar Rinpoche.

Two sessions per day, 10 am to noon, 2 to 4 pm. Lunches provided.

Q & A with Dharma Teacher Tsony will follow an afternoon tea break at 4:30.

Program is open to all levels of students.

Sunday morning, June 27:

Teaching by Shamar Rinpoche continues.

One session only, 10 am to noon. A blessing will conclude Rinpoche's program.

Sunday afternoon, June 27:

Q & A with Dharma Teacher Tsony, 3 pm.

Sitting Posture Tune-up. Yoga stretches to ease meditation posture discomfort, taught by Chris Fang, 4:30 pm.

Sunday evening, June 27:

Bodhi Path celebration. 6 pm. Family and friends invited. Supper provided. Entertainment requested.

Monday, June 28: Bodhi Path members meeting. 10 am to 3 pm. This is an administrative meeting, primarily of interest to those involved in the day-to-day matters of their Bodhi Path Center.

Lunches will be provided at all events. Supper will be provided at the celebration.

Program 2:

**A 5-day Silent Meditation Retreat led by Dharma Teacher Tsony,
June 29 (evening intro)-July 4, 2010
Bodhi Path Natural Bridge**

**Program 2
Information:**

“Mind needs to be tamed; thoughts controlled. To accomplish this you need to learn calm abiding meditation. First learn how to sit. Then in order to train the mind to concentrate, focus on your breath.”

—Shamar Rinpoche

Based on instructions from Shamar Rinpoche’s teaching and his book, *The Path to Awakening*, Dharma Teacher Tsony will lead a retreat which explores the preliminaries of mind training. Practice will focus on methods for shamatha meditation to develop mind’s stability, and reduce distraction and self-clinging. This program is a perfect opportunity to deepen understanding of Rinpoche’s teaching through practice.

Dharma Teacher Tsony

A Buddhist monk for over 25 years, Tsony completed two traditional 3-year retreats under the guidance of the great meditation master Gendun Rinpoche. For 15 years, he was Abbot of Kundrel Ling Monastery in France. Since 1999, he has been teaching philosophy and meditation throughout Europe and the U.S. He is now the resident teacher at Bodhi Path Natural Bridge.

Program Schedule:

Tuesday evening, June 29:

7 to 8:30 pm. Introduction to retreat.

Wednesday-Saturday, June 30-July 3:

9 am to 7 pm. Thirty minutes of meditation will be punctuated by 15 minutes of conscious walking exercise to refresh both body and mind. Lunch will be provided mid-day.

In the interest of maintaining an atmosphere of serenity, noble silence will be observed throughout the day.

Sunday, July 4:

9 am to noon. A picnic celebration will follow the conclusion of the retreat.

You may attend any or all of the meditation sessions, which begin at 9am, 11am, 1:30pm, 3:30pm and 5:30pm. However, please be sharply on time to preserve the atmosphere of tranquility.

General Information:

Location:

All events for both programs will take place at Bodhi Path Natural Bridge, located eight miles south of Lexington, Virginia, at the south end of the beautiful Shenandoah Valley.
Address: 12 Bodhi Path, Natural Bridge, VA, 24578.

Accommodations:

Please make your reservations directly with the establishment of choice **as soon as possible**.

Hotel/motels/B&Bs:

Budget Inn Natural Bridge, 540-291-2896. A clean, modest motel, 1+ mile from the center. Special rate of \$59.95-\$69.99 for the “nothing fancy” crowd. Mention Bodhi Path.

Blacksmith Inn B&B, 540-291-4000. 3 mile drive from the center, or 1 mile cross-country hike.

Natural Bridge of Virginia Hotel, 800-533-1410. 5 miles from center.

South River Highlands, 540-463-2593. Lovely rustic cabins and dorm spaces 15 miles from center.

For other accommodations 10+ miles of the center, please visit the Lexington Visitors Center’s website at www.lexintontvirginia.com.

Camping:

Natural Bridge KOA. 540-291-2770. RV hook-ups, small cabins, tents. 2 miles from the center.

A shared house:

For a few people **attending both programs** we have rented a nearby house to share. Next door to the center (from door to shrine room approximately 1 1/2 miles), the house has 3 bedrooms and two private sleeping spaces down stairs, three bathrooms, and a full kitchen. Available to the first six people (one couple and 4 singles) registering for both programs. \$35 per person per night, paid in full at time of registration. **Please note:** We are sorry, but there can be no refund for cancellations after June 1. Email wendelin33@gmail.com to inquire about availability.

For a few people staying for Tsony’s retreat, several spaces in cabins on site *may* become available after Rinpoche’s program is over. \$35 per person per night. Email wendelin33@gmail.com to inquire about availability.

General Information:

Continued

Transportation:

The closest airport is in Roanoke, Virginia, about 45 miles from the Bodhi Path. Car rental available at airport.

Limo Service available from: Roanoke Airport Transportation Service, 540-345-7710, and Prestige Limousine, Inc., 540-342-8049. Price depends on number of people traveling together. Call for pricing. Make arrangements early to insure availability.

Lynchburg, Virginia, is a regional airport about one and a half hours from the center. You will need a rental car if you fly into this airport.

Washington DC airports, Dulles International or Reagan International, about 200 and 210 miles respectively. You will need a rental car if you fly into either of these airports.

Baltimore International Airport, about 240 miles from the center. You will need a rental car if you fly into this airport.

Ride Sharing: Ride sharing information will be sent out with confirmation of registration.

Program Fees:

Program 1: Shamar Rinpoche's Teaching: The Path to Awakening

\$240 for entire program including teaching, celebration and lunches. (Housing additional.)

Program 2: Dharma Teacher Tsony's 5-Day Meditation Retreat

\$150 for entire retreat or \$40 per day. Lunches included. (Housing additional.)

Both program 1 and 2 together: \$350

Space is limited. **Advanced registration is important**, and must be made, along with full payment, no later than June 1, 2010. We **recommend you make your program and hotel reservations as early as possible.** (See Cancellation Policy below.)

Reservation and Payment Deadline:

Advanced registration for both programs must be made, along with full payment, by **June 1, 2010**. You may register on line with a credit card or mail a check payable to Bodhi Path along with Registration Form (see following page) to:

Bodhi Path Buddhist Center,
12 Bodhi Path, Natural Bridge, VA 24578.

Please reserve early to help our planning.

Prior to June 15, 2010 your total **program fee**, minus a \$40.00 per person registration fee, will be refunded upon cancellation. After June 15, no refunds will be made.

For those sharing the nearby house (see page 4) no refunds will be made after June 1.

For Further Information:

Call: 540-464-5117,

Email: naturalbridge@bodhipath.org,

or visit our website: www.bodhipath.org.

Program Registration:

Please print.

To register by mail, please fill out this form and mail with check made payable Bodhi Path, to Bodhi Path Buddhist Center, 12 Bodhi Path, Natural Bridge, VA 24578. You may also register online and pay with a credit card by visiting the events page of our website: <http://www.bodhipath.org/events>.

Participant 1: Last Name	First	Middle Initial	
Address: Number and Street			
City	State	Postal Code	Country
Email Address	Telephone Number		
Additional Participant's Name(s)			

	Number attending	Fees
Event Sign-up: Deadline June 1		
Attending Program 1: The Path to Awakening; teaching with Shamar Rinpoche, Friday, June 25 to Sunday, June 27. Includes celebration Sunday evening. \$240 per person.	_____	_____
Attending Bodhi Path Meeting, June 28. No cost.	_____	_____
Attending Program 2, Conscious Breathing; 5-Day Meditation Retreat with Dharma Teacher Tsony, Wednesday, June 30 to Sunday, July 4. \$150 or \$40 per day.	_____	_____
Attending both Program 1 and 2. \$350	_____	_____
Other payments:		
Shared House: Please inquire about availability if attending both programs at wendelin33@gmail.com . If available, full payment of \$35 per night must be received no later than June 1.	_____	_____
Donation:		
Optional donation to support Bodhi Path:		_____
Optional donation to support Stupa construction:		_____
Optional donation to support Scholarship fund:		_____
Total:		
I have enclosed a check made payable to Bodhi Path for:		_____
Please note: Your registration will not be complete until we receive payment.		