

# THOSAMLING

International Buddhist Nunnery & Institute

## Meditation, Mindfulness & Building Awareness

with

**Resident Lharampa Geshe Ngawang Theckchock  
And Geshema Dawa Dolma**

**Weekend course: August 19 – 21, 2022**

*(In Tibetan only)*

The focus of the course will be on how to develop calm abiding. Participants will be guided via meditations to deepen their mindfulness and build awareness during this special weekend.

Open to any Tibetan speaker who is interested in mental well-being.

*For bookings, reservations and questions about accommodation and meals contact*

*Thosamling Nunnery and Institute at:*

[www.thosamling.com](http://www.thosamling.com) | [thosamling@gmail.com](mailto:thosamling@gmail.com) | 9816141830



*“Swept away by the current of the four powerful rivers,  
tied by the tight bonds of karma, so hard to undo,  
caught in the iron net of self-grasping,  
completely enveloped by the total darkness of ignorance,*

*Endlessly reborn in cyclic existence,  
ceaselessly tormented by the three sufferings—  
thinking that all mothers are in such a condition,  
generate the supreme mind of enlightenment.”*

*Verse 7-8 from The Three Principal Aspects of the Path by Lama Tsong Khapa.  
Translated by Lama Zopa Rinpoche*

## ***Who can come?***

The course is especially designed for anyone who is interested in developing and promoting mental well-being. It will be taught only in Tibetan.

## ***For how long?***

The retreat starts at 2:00 pm on Friday, August 19, 2022 and ends at 2:00 pm on Sunday, August 21, 2022.

## ***What will you learn?***

Geshe Ngawang Thechock will focus on how to develop Calm Abiding and teach participants to meditate in order to deepen their mindfulness and build awareness. Geshema Dawa Dolma will lead the meditation sessions.



## ***Who are your teachers?***

**Geshe Ngawang Theckchock** was born in Tibet in the year 1970. At the age of 15 he was enrolled into Phelgye Ling monastery and began his training in Buddhist ritual and prayers, culminating in his receiving ordination. He began his formal studies in the five treatises of Buddhist Philosophy at the monastery under the tutelage of well-known masters like Venerable Lobsang Nyima, the 100th Gaden Throne Holder, Venerable Lobsang Tenzin, the 103rd Gaden Throne Holder and Venerable Namgyal Wangchen. In 1992 he received full monk ordination from His Holiness The 14th Dalai Lama at Drepung monastery.

After successful completion of his studies in this monastery in the year 2007, he went on to study for Geshe Lharampa degree. By dint of his hard work and perseverance, he successfully completed Gelug board examination and earned the much-coveted Geshe Lharampa degree in 2013. Thereafter he went to Gyuto tantric monastery to study and practice tantra for one year.

At present, Geshe la has been the resident teacher at Thosamling for over a year.

**Geshema Dawa Dolma** was born in Tibet in 1982. She came to India in 1993 and joined Dolma Ling nunnery, Sidhpur. She attended classes on Tibetan Language, grammar and composition, Tibetan history and modern science. At Dolma Ling she successfully completed the 17-year course in Buddhist and Tibetan studies as well as the 4-year Geshema degree program. Subsequently, she entered the Tantric College of Gyuto monastery to receive teachings on tantra.

Geshema has also studied Sanskrit and Hindi at Sarah College for Higher Tibetan Studies near Dharamsala as well as at Varanasi for 3-5 years. While there she also attended a teacher training course.

She has been a resident of Thosamling nunnery since 2014 and has helped many students in learning the Tibetan language.



## ***How is the course structured?***

The course is structured in such a way that there will be teachings and Q&A sessions. Beside the teachings of Geshela there will be guided meditation sessions led by Geshema.

### **Friday, August 19**

- 02.00 - 04.00 pm Check-in and introduction talk
- 05.00 – 06.00 pm Dinner
- 06.00 – 07.00 pm Teaching Session with Geshe Ngawang Theckchock

### **Saturday, August 20**

- 06:00 - 07:00 am Morning meditation and prayers (optional)
- 07:00 - 08:00 am Breakfast
- 09:00 - 10:00 am Teaching Session with Geshe Ngawang Theckchock
- 10.00 – 10.30 am Tea break
- 10.30 – 11.30 am Guided Meditation with Geshema Dawa Dolma
- 11.30 – 12.30 pm Lunch
- 02.00 – 03.00 pm Teaching Session with Geshe Ngawang Theckchock
- 03.30 – 04.00 pm Tea break
- 04.00 – 05.00 pm Guided Meditation with Geshema Dawa Dolma
- 05.00 – 06.00 pm Dinner

### **Sunday August 21**

- 06:00 - 07:00 am Hall is open for meditation
- 07:00 - 08:00 am Breakfast
- 09:00 - 10:00 am Teaching Session with Geshe Ngawang Theckchock
- 10.00 – 10.30 am Tea break
- 10.30 – 11.30 am Guided Meditation with Geshema Dawa Dolma
- 11.30 – 12.30 pm Lunch
- 13:15 - 14:00 pm Closing talk, group photo and checkout.



## ***Where do we stay?***

Thosamling Institute and nunnery provides two options for accommodation: a single room with attached bathroom, or a single room with shared bathroom. As we have limited space, we request you to make bookings as soon as possible. (People from the same gender can share rooms, if they prefer).

Type of accommodation	Cost
Single room with attached bathroom	3200 INR
Single room with shared bathroom	2400 INR

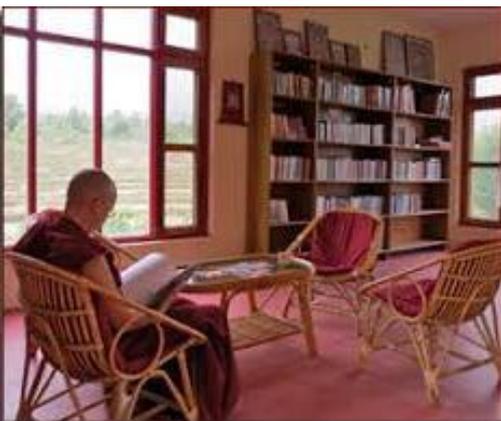
**Commuters** are also welcome to attend this course if they choose not to stay at Thosamling Nunnery. The total cost for the entire weekend including teachings, guided meditations, lunch and afternoon tea is 1000 INR.

## ***Where is Thosamling, and what should I bring?***

Thosamling Nunnery is located in the Kangra Valley, a 20-minute drive from Dharamsala in the Himachal Pradesh state of North India. The valley has an average elevation of 2000ft. above sea level.

Overnight buses leave daily from Delhi and take approximately 10 hours.

By air, Thosamling is close to Gaggal Airport, from which we can organise a transfer service for guests.



## ***Things to keep in mind:***

- Please test yourself for Covid before you come to the nunnery.
- Bring enough masks with you.
- We recommend you bring comfortable loose clothing that can be worn in layers. Temperatures during this time are quite warm and humid but they may drop significantly when it rains.
- Carry a mosquito repellent during monsoon season (July to September)
- An umbrella or raincoat is advisable during the monsoon
- Bring a torch or headlight in cases of power outages,
- It is handy to have your own water bottle. Filtered water is available in our dining hall and out of concern for the environment we strongly discourage our residents from buying water in plastic bottles.
- Please bring flip-flops for the shower, as well as soaps, shampoos, and a towel.
- Earplugs can be useful. Normally, it is very quiet in Thosamling but occasionally during wedding season it can be noisy.
- We provide meditation cushions, but you are welcome to bring your own.
- Thosamling also has a small supply store with items such as toilet paper, notebooks, pens, incense, etc.

***For a complete list of teachings by our resident Geshe kindly refer to our website: [www.thosamling.com](http://www.thosamling.com)***

***To register or for any further queries, please contact us by email at [thosamling@gmail.com](mailto:thosamling@gmail.com)***