

## PREREQUISITES TO ATTEND

*The requirements for participation were set in consultation with Mingyur Rinpoche. In turn, we ask that you honor them. Thank you!*

*November 10-13, 2023*

Tilopa's Song of Realization: Practicing Mahamudra

Option 1: To have attended a Tergar Path of Liberation Level 2 retreat with Mingyur Rinpoche or Khenpo Kunga.

Option 2: To have received ngondro transmission and nature of mind pointing out from a qualified lineage holder, and to have had at least 5 years of regular meditation practice.