

PREREQUISITES TO ATTEND

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

June 7-10, 2024

Tilopa's Song of Realization: Stabilizing the Recognition of Mahamudra Retreat

Option 1: To have attended a Tergar Path of Liberation Level 2 retreat with Mingyur Rinpoche or Khenpo Kunga (Completion of the corresponding practice requirements is NOT required to participate in this event.)

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