



AWAKEN THE HEART
AND CALM THE MIND

THE PLAY
OF
THOUGHT

LOSAR RETREAT

MARCH 4TH TO MARCH 6TH 2022

ALL SESSIONS LIVE ONLINE

Join us at the time of Tibetan New Year, or *Losar*, for an online retreat focused on awakening the heart and calming the mind.

The main part of the retreat will be based on Dudjom Rinpoche's *The Play of Thought*, a beautiful teaching on meditation and mindfulness and a profound pith instruction.

We will also learn simple techniques for igniting the body's subtle energies for self-healing that give rise to boundless joy and profound calm.

The retreat will be led by [Pema Düddul](#). Pema is the Buddhist Chaplain at the University of Southern Queensland and Co-Director of Jalü Buddhist Meditation Centre. Pema is the author, with Jamyang Tenphel, of *Resting in Stillness*.

Click [HERE](#) to register for the retreat.

\$65
Bookings Essential

All sessions live online

Web: www.jalumeditation.org
E: hermitage.foundation@gmail.com

Ph: 0431 185 312