

Drikung Dharma Surya Center
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TWO-DAY INTENSIVE MEDITATION RETREAT

WITH

ACHARYA YOGI LAMA GURSAM

OF THE BODHICITTA FOUNDATION

Tuesday and Wednesday
July 25 & 26, 2017

Retreat Includes Instructions and Practices
Calm-Abiding Meditation
Basic Yogic Exercises
Breath Control



Yogi Lama Gursam
DDSC September 2016

Tuesday, July 25

Session 1 10 AM ~ Noon
Vegetarian Lunch at Noon
Session 2 1:30 ~ 3:30 PM
Session 3 4 ~ 5 PM
Vegetarian Dinner at 5 PM
Session 4 7 ~ 9 PM

Wednesday, July 26

Session 1 10 AM ~ Noon
Vegetarian Lunch at Noon
Session 2 1:30 ~ 3:30 PM
Session 3 4 ~ 5 PM

Overnight accommodations
available



Co-sponsored by
Medicine Buddha Sangha
Baltimore, Maryland



For more information please contact:
drikungdharma@gmail.com
Tri Bui: 703.926.1423
Lance David Bergerson: 443.794.5560

Registration: \$30 per day (payable at the door) includes lunch
Greater donations are always gratefully appreciated
No one turned away for lack of funds

DDSC program registration fees are necessary to cover mortgage, utilities, and maintenance expenses.