January 2018 DDSC Dharma Events

**Saturday, January 6**
1-Day Retreat of Great Drikung PHOWA  
*With Venerable Khenpo Samdup*  
10AM ~ Noon: Phowa Teachings  
2 ~ 5PM: Phowa Practices w/ Meditation  
Suggested Donation: $20/person, including lunch at noon

**Sunday, January 8, 10 AM ~ 5 PM**, Lunch at Noon  
One-day Retreat Nyingne Purification Practice  
*With Venerable Khenpo Samdup*  
**Fasting, mantra recitation and prostrations**  
Suggested Donation: $20/person, including lunch at noon

**Saturdays, January 13 & 20**, 10 AM ~ Noon  
Ngondro Refuge  
Inner Preliminary Practice  
*with DDSC senior lay practitioners*

**Sundays, January 14 & 21, 10 AM ~ Noon**  
Buddha Amitabha Practice  
*with DDSC senior lay practitioners*

**Saturday & Sunday**  
January 27 & 28, 10 AM ~ 5 PM (Lunch at Noon)  
2-Day Shamatha Retreat  
Calm-abiding Meditation Teachings and Practices from the book: *Stages of Meditation*  
*With Venerable Khenpo Samdup*  
Suggested Donation: $40/retreat/person, including lunch at noon each day  
*Registration is highly encouraged*

**NEW Beginning January 24**  
**Wednesdays at 6:45 ~ 8:15 PM**  
Meditation Workshop open to everyone  
*With Khenpo Samdup or senior practitioner*

Individual Meditation Instruction available by appointment  
*Call Khenpo Samdup to schedule: 937.581.3181*

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