

Drikung Dharma Surya Center
5300 Ox Road
Fairfax, VA 22030
703.273.5189

drikungdharmasurya.org
drikungdharmasurya@gmail.com



MEDITATION RETREAT

CALM-ABIDING SHAMATHA & INSIGHT VIPASSANA

TEACHINGS, INSTRUCTIONS AND PRACTICES

VENERABLE KHENPO SAMDUP RINPOCHE

SATURDAY, 20 JULY 2019
10 AM to 4 PM

SUNDAY, 21 JULY 2019
10 AM to 12 PM Noon



- *Body Meditation*
- *7-Point Posture of Vairocana*
- *Watching the Breath*
- *Visualization of Objects*
- *Mind Meditation*
- *Analytical Meditation*
- *Non-conceptual Meditation*
- *Faults of Meditation*



Samsara
Bodhichitta
Samadhi
Relaxation
Cutting Through
Letting Go
Increasing Effort
Nirvana
Selflessness Bliss
Emptiness

Registration at door to cover mortgage, utilities, and maintenance expenses.
Donations are always gratefully appreciated.
No one turned away for lack of funds

For more information please contact: drikungdharmasurya@gmail.com

Tri Bui: 703.926.1423
Lance David Bergerson: 443.794.5560