

DISCOVERING THE D H A R M A

When you understand mind,
You understand *everything*
- Nagarjuna

Five-day Retreat with H.E. Trungram Gyaltrul Rinpoche

(2nd in a series)

Gain firsthand retreat experience under the guidance of a prominent incarnate lama

Learn systematically from an unbroken lineage

Acquire a wealth of skills for making life more meaningful

May 20 - 25, 2009

UTBF Retreat Center
155 Buff Road
Cochecton, NY 12726

Minimum Cost: \$375 (detailed options on website)

Pre-registration required. Spaces are limited.

Register before April 1 to receive discount.

Visit www.utbf.org/ny2009 for details.

Trungram Gyaltrul Rinpoche



Born in 1968 to a Nepalese Sherpa family, H.E. Trungram Gyaltrul Rinpoche is one of the most prominent incarnate lamas of Tibetan Buddhist Traditions. A renowned teacher and lineage holder of many Buddhist teachings and practices, Rinpoche is the fourth in a line of incarnations considered emanations of the great yogi Milarepa. Rinpoche has a

traditional monastic degree of Acharya and a Harvard PhD, and is the founder and spiritual director of the United Trungram Buddhist Fellowship (UTBF) and Dharmakaya. Besides teaching in various parts of the world, Rinpoche is currently working on projects including the Mahamudra Hermitage – a planned traditional retreat center, and Lumbini Udyana Mahachaitya – a monastery at Buddha's birthplace, as part of the Lumbini Development Project under the auspices of the UN.



www.utbf.org



www.dharmakaya.org



UTBF • DHARMAKAYA

155 BUFF ROAD • COCHECTON, NY 12726 • (845) 932-8330