Voice of Clear Light
  Volume 14, Number 5 / October 2014

Ngondro Practice Retreat or Individual Practice Retreat in January
  ## Resident Lama Geshe Tenzin Yangton to Guide Ngondro Retreat

Geshe Tenzin Yangton
Immediately following our annual winter retreat with Geshe Tenzin Wangyal Rinpoche, you can extend your stay at Serenity Ridge Retreat Center to continue your practice of the ngondro, or for a personal practice retreat.

The Ngondro, Part 1 of the Experiential Transmission of Zhang Zhung , is the entrance to a cycle of Tibetan Bon Buddhist dzogchen, or "Great Perfection," teachings, which until recent decades were part of a secret transmission passed one-to-one from master to student. The ngondro teachings, a complete set of practices in themselves, offer instructions for taming, purifying and perfecting oneself. They are the prerequisite for further study of the Experiential Transmission cycle.

Guided practice retreats will be led by Geshe Tenzin Yangton, Serenity Ridge Retreat Center's resident lama, in the gompa (meditation hall) at Serenity Ridge. They include four practice sessions each day and one 15-minute private interview per week with Geshe Yangton. Students who have received the ngondro teachings and transmission of the Experiential Transmission of Zhang Zhung prior to Jan. 1, 2015, are warmly invited to attend the ngondro practice retreat with Geshe Yangton.

In addition, anyone who wishes to engage in personal—silent—practice retreat is warmly invited to join us at Serenity Ridge. The Garuda House shrine room will be available for those wishing to engage in personal retreat.

The following options are available:

Jan. 2–4, 2015:

- Ngondro practice retreat led by Geshe Tenzin Yangton or
- Individual practice retreat

Jan. 2–11, 2015:

- Ngondro practice retreat led by Geshe Tenzin Yangton or
- Individual practice retreat

Jan. 2–18, 2015:

- See above for Jan. 2–11; individual practice retreat only for Jan. 12–18

Participants are welcome to attend one, two or all three practice retreats.

[Learn more and register](#)