



Tenzin Wangyal Rinpoche's 2018 Retreats at Serenity Ridge

Four Seasonal Retreats Scheduled

Geshe Tenzin Wangyal Rinpoche will teach four seasonal retreats at Serenity Ridge Retreat Center in 2018. Retreat topics include the five wisdoms, *tummo* (inner heat), *powa* (the transfer of consciousness), and the final year of a five-year dzogchen series in December.

The dates and topics are below. Look for more information soon on the [Serenity Ridge website](#).

April 13–15, 2018

Spring Retreat: The Five Wisdoms. More information to come.

June 24–July 7, 2018

Summer Retreat: Tummo: Inner Fire of Realization

Tummo refers to inner heat, and its teachings include both tantric and dzogchen support practices to burn away subtle obscurations and cultivate bliss. Tenzin Wangyal Rinpoche will teach from the text *Ku Sum Rang Shar* (Spontaneous Arising of the Three Kayas), written by Shardza Tashi Gyaltsen Rinpoche, a Bön master who achieved the body of light, or rainbow body, in 1934. Participants may attend one or both weeks. If only able to join one week, Rinpoche advises those new to these teachings to come to week one. This is the beginning of a three-year tummo series at Summer Retreat.

October 17–21, 2018

Fall Retreat: Powa: Transfer of Consciousness from the Bön Mother Tantra

Death is a natural process. Students will learn how to adopt the right attitude in preparation for death and how to perform the powa practice, which enables the transfer of consciousness at the time of death directly into a pure realm.

December 27, 2018–January 1, 2019

Winter Retreat: The Experiential Transmission of Zhang Zhung, Part 5

The Experiential Transmission series, the centerpiece of Rinpoche's dzogchen teachings, is presented each year at our Winter Retreat. This fifth and final year of the series focuses on the seven cycles of clear light, where students receive guidance in tögel (pure vision) meditation.

Live translation available in Spanish.

Prerequisite: Previous completion of Parts 1, 2, 3 and 4 of the Experiential Transmission of Zhang Zhung series.

Details of the retreats will be added to the Serenity Ridge homepage as they become available. In addition, it is expected that retreats with other teachers will be added during the year.

[Serenity Ridge homepage](#)