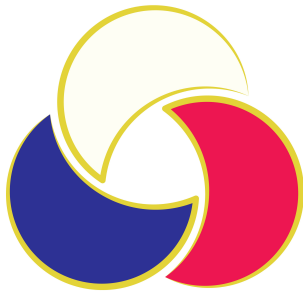




3 Doors Academies Begin in North America, Europe, Latin America in 2024

Also Save the Date for a Weekend Retreat with Tenzin Wangyal Rinpoche



THE 3 DOORS

The 3 Doors is delighted to offer its signature program, the Academy, in three different regions this year. Academies in North America, Europe and Latin America are all slated to begin in 2024.

The 3 Doors Academy is an immersive 2.5-year program that provides participants the opportunity to engage deeply in the process of self-discovery. Participation involves both in-person and online components, including six in-person group retreats, monthly group Zoom sessions, individual mentor sessions with the teachers, personal retreats and more.

The 3 Doors is an international nonprofit organization founded in 2010 by Tenzin Wangyal Rinpoche. Its mission is to transform lives through meditation using practices from the Tibetan Bon tradition grounded in wisdom and compassion.



The 7th North American Academy

The first retreat of the training begins April 25 at Serenity Ridge Retreat Center in Virginia, home of Ligmincha International. The retreats will be led by senior teacher Marcy Vaughn and teacher Phil Tonne. Registration is now closed.

[Learn more](#)

The 3rd European Academy

The first retreat of the training begins October 17, 2024. The location will be announced soon. Presenters will be senior teacher Raven Lee and teachers Nicolas Gounaropoulos, Walter Hofmann and Tonny Maas. Applications are due by June 30, 2024.

[Learn more](#)

The 2nd Latin American Academy

The first retreat of the training begins September 9, 2024 in Brazil. More information will be announced soon.

To learn more [email Frank Jeri](#) .

SAVE THE DATE: November 16-17, 2024

Online 3 Doors Weekend Retreat with Tenzin Wangyal Rinpoche

Online Via Zoom

Offered in multiple languages

Open to all

[The 3 Doors website](#) will be updated soon with more details.

The 3 Doors offerings include immersive programs to deepen your learning, global online gatherings to experience the vitality of community, and ongoing drop-in practice groups to receive the benefits of steady support. Also offered are prerecorded programs and short daily meditations to bring attention to the present and connect with openness.

For more information visit www.the3doors.org .