

Karma Dechen Yangtse 2024

Bodhi Path Retreat Centre Bordo, Italy



Welcome to the Bodhi Path Retreat Centre in Northern Italy, near to the Swiss border.

After the winter break, Bordo opens its doors again end of March 2024. We offer a Dharma programme in four languages and the possibility for seasoned practitioners to do individual retreats in the retreat area of the village.

For extensive information on the activities and on how to arrive, please consult our homepage on www.bordo.org.

Daily multilingual meditations are open to all: they start at 7:30, 18:00 and 20:00. On Sunday 20:00 you can connect to our Chenrezig puja by zoom, meeting ID 832 7783 5406, passcode 881848.

Early registration for both courses and retreats is necessary. Availability of single rooms is limited. The best way to contact us is by e-mail: bodhipath@bordo.org. Please note that e-mails are not processed daily!



Dharma-Programme Bordo 2024

18 - 28 March: Meditation and Action

with Tengye and the Bordo Team
Instructions in English, exchange in English, Italian and German

28 March - 1 April: Mindful Easter for the Whole Family

An excellent possibility to be for a few days in Bordo with your family or on your own. Together with Tenma (Ingrid) we will meditate and enjoy the beautiful surroundings. Further information and registration: bordo@bordo.org

14 - 20 April: Bordo Practice Week

with Tengye and Carsten

These days are primarily intended for local residents and volunteers as a joint introduction to the season in Bordo. People interested in joining us are very welcome to do so.

Language for exchange: English

4 - 11 May: Meditation with mind, breath and body

with Tengye and Carsten

Explanations on meditation are based on the teachings of Shamar Rinpoche. Attention on our breath and selected yoga asanas enable us to gain an open and relaxed meditation posture.

Course language: German (English course 24–26 August)

10 - 11 June: Lojong Days for Italian practitioners

Bodhi Path Retreat with Tengye

During these days we will deepen Shine Meditation together and the exchange of ourselves with others (Tonglen) on the basis of Shamar Rinpoche's advice. Course language: Italian.

25 - 26 May: Vesak

We participate in the Vesak celebrations of the Italian Buddhist Union in Milan.

1 - 4 June: Meditation and Breath

Bodhi Path Retreat with Astrid Schünemann

Focus on silent meditation (Shine) as taught by Shamar Rinpoche. We prepare ourselves with gentle physical and breathing exercises and then sit for shorter periods of time. Introductory explanations are given. Course language: English

21 - 23 June: Bodhicitta – the Mind that Guides us towards Awakening

with Trehor Lama and the monk Cesare Milani

The deep wish to attain ultimate enlightenment for the benefit of all beings is the very entry point into Mahayana-Buddhism. The weekend is a deepening of last year's course.

Course language: Tibetan and Italian, ev. English

29 June – 6 July: Zen Sesshin

with Zen teacher Inzan Soen Sa (Carsten Schier)

A sesshin is an intense time of Zen meditation in which we concentrate on posture, breathing, and the arising and disappearance of thoughts. The program includes four zazen sessions of about 2 hours per day, interspersed with community work and meals in silence.

Course language: German and English.

2 - 18 July: Accompanied individual retreats

with Lama Sherab Palmo

Under the expert guidance of Lama Sherab, individual meditation practice can be deepened during this time. Please register in time!

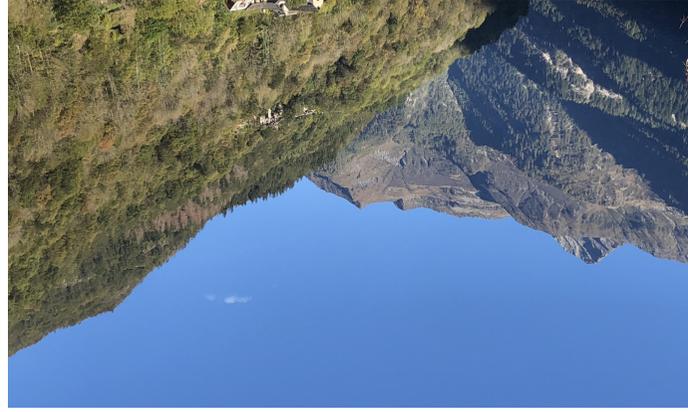
Languages: German and English.

6 - 11 July: Meditation and Movement - Relaxation for Body and Mind

with Lama Sherab Palmo

Body and mind are closely connected and influence each other. With the gentle, attentive body exercises of Tibetan healing Yoga (Kum Nye) an intensive body awareness results.

Course language: German, with Italian translation if requested in advance



Nestled in the Italian Alps, in the Antrona Valley, lies the beautiful mountain village of Bordo. It is accessible on foot from Rivera da Viganella via a century-old path. The village was abandoned in the middle of the 20th century. A group of Swiss and German people began to repair the houses in 1982, encouraged by the advice of Shamar Rinpoche, who gave the project the name 'Karma Dechen Yangtse'.

Many Rinpoches and Lamas have visited the place and have given teachings. In 2004 Thaye Dorje, His Holiness the 17th Gyalwa Karmapa, came to Bordo and gave the 17th Kunsig Shamar Rinpoche visited and again emphasized the qualities of Bordo as a place for a profound and authentic meditation practice. The Cooperativa Bordo, owner of the place, gave suit to his request to become a Bodhi Path centre.

At present Bordo is under the spiritual guidance of Lama Djigme Rinpoche, with whom the foundation Karma Dechen Yangtse is coordinating all dharma activities.



20 July-10 August: Loving Kindness and Compassion

Bodhi Path Retreat with Lama Jampa

For three weeks Lama Jampa will practice together with us and give us daily teachings. It is possible for experienced practitioners to do a personal retreat under his guidance. Minimum stay for this is one week. Language of the teachings: Tibetan, English

24 July - 1 August: 3 cycles of the practice of the 1000

armed Chenresig (Nyung Ne)

with Lama Jampa

The practice of the 1000-armed Chenresig is a powerful means of purification and of great blessing. In order to participate in the practice, it is necessary to have formally taken refuge in the Three Jewels. Language of instruction: Tibetan, English

26 - 28 July: How to free oneself from disturbing emotions and develop serenity and inner freedom -

practice weekend

with Lama Drubtscho Wangmo (Susanne Schatz)

Working with disturbing emotions is about first seeing through and understanding these mental states that subtly poison and dominate our minds. Course language: German.

3 - 10 August: Family week in the Buddhist village Bordo

Children, teenagers and parents experience a stimulating and varied week together in a mountain village close to nature with its beautiful surroundings.

5 August: Milarepa Tsok Puja

In the Milarepa Tsog Puja we connect with the great yogi and ask for his blessing and inspiration for our practice. If possible, please bring your own practice text.

10 - 17 August: How can Milarepa inspire us for our practice and our life?

Bodhi Path Retreat with Lama Tsogy

Together we will look at how the great yogi Milarepa can

support us with his approach to life, his practice and his realisation in order to clarify and deepen our own path. In the afternoon we deepen what we have heard and have time for personal practice. Language during the exchanges: English

17 - 30 August: Accompanied individual retreats

with Lama Rabsei

Lama Rabsei is coming to Bordo again for two weeks. A precious opportunity to deepen your individual meditation practice under his guidance. Minimum stay is one week.

Languages: Italian, French and English

17 - 18 August: Meditation and clarity of mind

with Lama Rabsei

Attachment to our habits constantly distracts us. It is one of the greatest obstacles to deepening meditation. During this weekend we will learn different means that allow our mind to become clearer and more concentrated. Course language: Italian

19 - 23 August: Bordo Practice Week

with Tenge and Carsten

These days are primarily intended for local residents and volunteers as a joint introduction to the season in Bordo. People interested in joining us are welcome to do so. Language for exchange: English

24 - 31 August: Meditation with mind, breath and body

with Tenge and Carsten

Explanations on meditation are based on the teachings of Shamar Rinpoche. Attention on our breath and selected yoga asanas enable us to gain an open and relaxed meditation posture. Course language: English.

7 - 8 September: Lojong Days for Italian Practitioners

Bodhi Path Retreat with Tenge

With our practice we wish to change harmful habits and to develop and cultivate beneficial qualities. Teachings are based on the advice of Shamar Rinpoche. Course language: Italian.