



SOFTEN THE HEART
AND CALM THE MIND

AWAKENING JOY AND EASE

TWO DAY RETREAT

JUNE 8TH & 9TH 2024

THE ROSE COTTAGE
NEWTOWN PARK
POTTINGER STREET,
TOOWOOMBA, QUEENSLAND

MAIN SESSIONS LIVESTREAMED

Join us in the beautiful surrounds of the heritage town of Toowoomba, Queensland, for a retreat focused on softening the heart and calming the mind.

The retreat will be based on pith instructions from the great Tibetan Dzogchen master Kyabje Togden Amtrin on awakening to joy, the heart of enlightenment, and settling into the ease of our true nature.

We will learn how to apply these profound pith instructions to our practice in a way that gives rise to boundless joy and profound calm. As well as instruction on the Joy and Ease practice, transmission will be given for the *Single AH* practice, the *Heart Essence of the Lama* practice, and the *Sky-Gazing* practice.

The retreat will be led by Dr. Pema Düddul. Pema is Co-Director of Pristine Awareness: Foundation for Buddhist Practice. Pema is also the author of *Luminous Awareness* and, with Jamyang Tenphel, *Resting in Stillness*.

Click [HERE](#) for more information and to register.

In Person \$100
Livestream \$100
In Person Members \$60
Livestream Members \$60
Monastics attend free
Bookings Essential

Main sessions will be livestreamed

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