

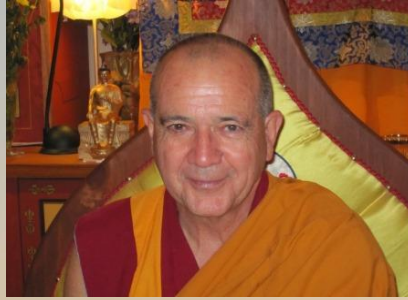


De-Tong Ling  
RETREAT CENTRE

## 6<sup>th</sup> National 10 day Lam Rim Meditation retreat

Led by Venerable Dondrub

Sunday 29<sup>th</sup> September – Wednesday 9<sup>th</sup> October 2013



A monk for over 30 years, Venerable Dondrub is one of FPMT's most senior teachers. He has led many of the famous Lam Rim courses at Kopan in Nepal as well as several retreats with Lama Zopa Rinpiche, incl the 100 million mani retreat in France. He is currently the resident teacher of Buddha House in Adelaide, South Australia. His guided meditation on the Lam Rim (the graduated path to enlightenment) are powerful catalysts to bring about deep and effective changes in our hearts and our lives.

De Tong Ling is a developing retreat centre on Kangaroo Island in South Australia.

On 1300 hundred acres of remote wilderness, its natural setting offers abundant silence, pure air and water with long views out to the sea.

Prerequisites: refuge and familiarity with the lam rim

Costs: camping \$415, dormitory style \$ 520, eco lodge \$650

Prices include all fully catered meals and accomodation

Bookings and inquiries to Katrin on 08-83701193 or [katrinrehder@yahoo.com.au](mailto:katrinrehder@yahoo.com.au)

For further information go to [www.detongling.org](http://www.detongling.org)