

Pundarika France and FNYT are thrilled to
announce the coming of



TSOKNYI RINPOCHE

who will be teaching for the
first time in Toulouse, France

17th- 19th November 2017

in English translated into French

Public Talk

**« Meditation and the Subtle body »
Meditation from an energy point of view**

Friday 17th of November – 20.00 – 22.00

*With the support of **FNYT** (Fédération Nationale de Yoga Traditionnel)*

Weekend Teachings

**« Open heart, open mind »
the Dzogchen approach to contact
our essence love, our basic nature**

Saturday 18th and Sunday 19th of November – 10.00

Public Talk and Teachings of Tsoknyi Rinpoche

Presentation

We are happy and honored to welcome the **3rd Tsoknyi Rinpoche**, holder of the Drukpa Kagyü and Nyingma lineages, in the Tibetan Buddhist tradition. Since 1991 and all over the world, **Tsoknyi Rinpoche** has been teaching in the **Dzogchen tradition**, transmitting genuine ancient teachings in a modern way, in a **direct and spontaneous style accessible to all**, beginners as well as advanced practitioners.

During this weekend, he will explain what is **the nature of mind**, will clarify how to practice on the basis of the **subtle body** (channels of energy), and will guide us to rediscover the openness, fearlessness, and love that is the essence of **our own nature**. Short sessions of guided meditation will allow us to integrate the teaching.

Practical Information

Teachings are given in English, translated into French

Public Talk : « Meditation and the Subtle body - Meditation from an energy point of view »

Friday 17th November : 20.00-22.00 Reception : 19.30

Participation : 15 €

Week-end Teachings : « Open heart, open mind – the Dzogchen approach to contact our essence love, our basic nature »

Saturday 18th of November : 10.00-12.30 / 15.00-17.30

Sunday 19th November : 10.00-12.30

Reception : 9.30

Participation : 60 €/week-end

Registration : Booking is required before the 10th November by using the link given in the e-mail. **Before using this link, please read carefully the instructions, they will be useful to register.**

The payment will be taken on the door, in euros.

The public talk and the week-end teachings are independent : it is possible to attend one or both of them.

Venue : Harry Cow, 13 Rue Sainte-Ursule, 31000 Toulouse (courtyard entrance)

Website : <http://www.harrycow.com>

Access :

Metro Line A Station : Capitole or Esquirol - Line B Station : Jean-Jaurès or Carmes

Bus Station : Esquirol – **Parking** Capitole or Esquirol (500 m) — **Bike renting** VélôToulouse : 10 m

By plane : airport « Toulouse-Blagnac » + shuttle or tram <http://www.toulouse.aeroport.fr/>

By train : Gare Matabiau (station) <https://www.gares-sncf.com/fr/gare/frxyt/toulouse-matabiau>

Plenty of accomodation and restaurants in the center of Toulouse

Contact : pundarikafrance@gmail.com – Reservation required

A contribution to the cost of organisation is asked to support the event