



Mingyur Rinpoche Nepal Teachings 2017

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What teaching programs are happening and what are the dates?

Mingyur Rinpoche will teach the following programs:

Calming the Mind, Joy of Living 1, January 30-31, 2017

Opening the Heart, Joy of Living 2, February 1-2, 2017

Awakening Wisdom, Joy of Living 3, February 3-4, 2017

Exploring the Nature of Mind (also referred to as Path of Liberation), March 5-8, 2017

Are there any prerequisites?

There are no prerequisites for *Calming the Mind* or *Opening the Heart*.

You may attend *Awakening Wisdom, Joy of Living 3* if you have completed 50 hours of practice after having taken the *Calming the Mind* teaching and another 50 hours after having taken the *Opening the Heart* teaching OR if you have practiced meditation regularly for the last three years.

In order to attend the *Exploring the Nature of Mind* program, you need to meet **at least one** of these requirements:

- 1) Have attended all three *Joy of Living* courses and completed the practice requirements;
- 2) Have previously attended the Path of Liberation 1 or Mahamudra 1 with Yongey Mingyur Rinpoche and completed its practice requirements or will complete them prior to the retreat;
- 3) Have completed the full preliminary practices (the 4 x 100,000 ngöndro) ;
- 4) Have received pointing out teachings from a qualified Buddhist lineage holder (a tulku or rinpoche) ;
- 5) Have had a daily meditation practice for at least five years and attended either group or solitary practice retreats (with 6+ hours of formal meditation practice each day) under the guidance of a Buddhist teacher for a total of at least thirty days;
- 6) Have attended at least the first three years of Tai Situ Rinpoche's Mahamudra teachings on Ocean of Certainty.

How can I register for the teaching program?

Links to register:

[Calming the Mind, Joy of Living 1 & Opening the Heart, Joy of Living 2](#)

[Awakening Wisdom, Joy of Living 3](#)

[Exploring The Nature of Mind](#)

What is the daily teaching schedule?

To be announced. Please check back on the website later for more details.

When should I arrive?

We will send out a more detailed schedule prior to the program. It will be sufficient to arrive by 9 am on the morning of the teachings.

For Joy of Living 1, please arrive by 9 am on January 30.

For Joy of Living 2, please arrive by 9 am on February 1.

For Joy of Living 3 please arrive by 9 am on February 3.

For Exploring the Nature of Mind, please arrive by 9 am on March 5.

What are the costs involved?

The teachings are free. Participants will have to cover their own food costs, accommodations and travel to and from Tergar Osel Ling. Donations are greatly appreciated.

Will lunch be provided?

A simple vegetarian meal will be available at lunch for 1000 Nepali rupees. (After food, gas and staffing costs are covered profits from lunch will be go towards the seminar costs.) Please indicate in the online registration if you are planning to take lunch.

You are welcome to bring your own packed lunch. There is plenty of space around the gompa to have a picnic.

There are no restaurants or cafés near Tergar Osel Ling. It's unlikely you will have time to leave at lunch and return in time for the afternoon teachings.

What water is available at Osel Ling?

Osel Ling has water from its own well that is drinkable. There will also be bottled water for sale on site. It's always a good idea to bring your own water.

Where will the teachings take place?

The teachings will take place at Tergar Osel Ling, Mingyur Rinpoche's monastery in Swayambhu, Kathmandu. Tergar Osel Ling is situated on a hill overlooking the Swayambhu Stupa. The teachings will be given in a large tent in the courtyard.

How can I get to Tergar Osel Ling?

Tergar Osel Ling is situated at top of a hill overlooking the Swayambhu Stupa. Though the monastery is accessible by road, as it is a steep, narrow road with dangerously sharp corners unsuitable for buses or large vehicles, we are requesting all (physically capable) participants to walk from the walking points indicated on a map.

[Click here for map.](#)

There are two possible starting points to walk up to Osel Ling:

1. Starting from the Buddha Park
2. Starting from Karma Lhekshey Ling.

The two pathways join at one point and lead to Osel Ling. Both of these pathways will be marked with signs.

It is a very steep ascent, so allow yourself 20 to 30 minutes to walk comfortably and slowly. Please wear suitable walking shoes.

What should I bring to the teachings?

As we are expecting a large crowd please bring as little as possible to ensure that there is seating space for everyone. Do bring a small cushion to sit on, drinking water, paper and pen (if you wish to take notes) , a flashlight, as well as toilet tissue and whatever other personal supplies you may need for a day out. Please note there are no shops or restaurants near Tergar Osel Ling.

In what language will Rinpoche teach?

Rinpoche will teach in English.

What translation will be available and what equipment will I need to bring to listen to the translation?

Translation will be provided into Mandarin, French, German, and Russian. We may be able to provide translation into other languages as well. If you have a need for translation, please let us know by emailing nepalteachings@tergar.org

To connect with the translation system, please bring an AM/FM radio, earphones, and (important!) batteries (AA) .

FAQ for Foreign Participants

While Nepal is a wonderful country with warm and welcoming people, beautiful ancient temples, and stupendous mountain views, it is also a developing country. Electricity cuts and water shortages are part of normal life, as are fuel shortages and unexpected price fluctuations. Be prepared for delays and inconveniences! And read the following sections carefully!

What are the visa requirements for Nepal?

Those living outside Nepal who wish to attend the teachings will need a tourist visa to reside in Nepal. Tourists are allowed to stay up to 150 days in a single western calendar year.

Tourist Visas

Tourist visas are available from Nepali embassies and consulates around the world. Please contact the embassy or consulate closest to you for information. Tourist visas are also available upon arrival at the immigration counter at Tribhuvan International Airport in Kathmandu.

Three types of tourist visas are available:

15-day multiple entry for \$30

30-day multiple entry for \$60

90-day multiple entry for \$100

There are interactive computerized visa application machines at the airport which take your picture and print an application form. You must pay in foreign currency. GB Sterling, Euros, or US dollars are all acceptable. It's convenient if you have as close as possible the correct change. Coins will not be accepted, and change will be given in Nepali rupees.

Tourist Visas are also available upon arrival at the land border with India. You will need a passport-sized photo and foreign currency to cover the visa fee. You will be provided with an application form.

Renewing your visa

Upon expiry of the initial tourist visa, volunteers may obtain a 15-day extension for \$30 or a 30-day extension for \$60 from the Department of Immigration in Kalikasthan, Kathmandu. You will need to fill out an online application form and then take the print-out to the Department of Immigration. The online application page can be found here <http://online.nepalimmigration.gov.np/>.

Where can I stay and how can I book accommodation?

There will be no accommodation available at Tergar Osel Ling. All participants are required to book their own accommodation elsewhere. It is possible to book accommodation online through booking.com and trip advisor. For further details please see our [Accommodation List](#) (at end of this document).

What is the local etiquette?

The form of greeting in Nepal is "Namaste" performed by joining both palms together. It literally means, "The divine in me salutes the divine in you". Do not touch someone's head or sit showing the bottom of your feet towards them. It is considered rude. Do dress conservatively when visiting temples, monasteries or sacred places – no shorts, short skirts, or low cut tops. You will need to remove your shoes. If invited inside someone's home it is polite to remove your shoes.

How can I stay healthy and safe?

Food safety - Avoid water that is not bottled or boiled. Avoid raw vegetables and pre-cut fruit as much as possible.

Must haves - Always carry toilet tissue and hand sanitizer. It is also advisable to carry a torch (flash light) if you are going out at night

Foot wear - Roads and pavements (sidewalks) are uneven with plenty of potholes so sensible shoes are advisable at all times.

Pollution protection - Kathmandu is highly polluted. You may want to bring and use a smog mask if you are in any way sensitive to dust and pollution. Simple cotton face masks are widely available throughout the city. You can also purchase disposal masks from all pharmacies. Please note the air quality up at Tergar Osel ling is generally good. The main problem is while traveling across the city.

Safety at night - Women travellers are advised not to go out alone at night. Also it is neither safe nor advisable to walk up or down from Tergar Osel Ling in the dark alone.

What medical preparation should I make for my trip?

Always consult your medical practitioner well before embarking on foreign travel, to discuss your personal medical needs, as well as required vaccinations.

What should I bring to Nepal?

Clothing & footwear - Short skirts, shorts, or low cut tops are not suitable in a monastery setting. As participants are asked to walk up and down from Osel Ling, sensible shoes are a must. Given the Nepali & Tibetan custom of removing your shoes before you enter a room, shoes that come on & off easily are advisable. In January it can be quite cold and generally buildings are not heated. Day time temperatures can still be high. It is advisable to dress warmly in layers. By March the real cold has passed and it is not yet hot. It is still advisable to warm clothing for evenings and night time. But include a sun hat and sunscreen for daytime use.

General items - Any medication, vitamins or supplements you take

Special toiletries or cosmetics. There is a plentiful supply of toiletries available in Nepal – but you should bring any brand specific items.

Torch (flashlight),

Sun hat and sunscreen

What is 'Load shedding' and how will it affect me?

Kathmandu is subject to up to 16 hours electricity cuts daily in the winter time. This known as 'load shedding'. To track the electricity outages or 'load shedding' you may download the 'Nepal Loadshedding schedule' app to your phone/device. The schedule changes depending on your location in the city. Tergar Osel Ling and most of the Swayambhu area is in Group 7.

Most guest houses have power back-up, but it is worth double checking. Invertors or back-up systems generally power light and other low voltage equipment such as routers, phones, and laptop. Heavy voltage equipment such as photocopy machines, desktop computers, fridges and freezes generally are not powered by invertors/back-up systems.

What kind of telecommunication services are available in Nepal?

Wifi - Wifi is used widely throughout Kathmandu. Most guest houses, hotels, restaurants, and cafés offer free wifi to their customers.

Local Mobile Networks - Local sim cards from the Ncell phone company are available at shops all over the city for approximately 100NR. Bring a photocopy of your passport and visa and also a passport sized photo. You can recharge you Ncell sim with Ncell recharge cards available in many denominations at most stores in the city. You can also buy Ncell data packages to have access to 3G data. For further information visit Ncells website: <https://www.ncell.axiata.com/>

While at Tergar Osel Ling - Please note there is no wifi at Tergar Osel Ling, and phone coverage for all mobile companies is generally terrible!

I would like to stay on and visit Nepal before or after the teaching program.

Any advice?

If you are planning to extend your trip, do not fully rely on schedules and times that are committed to you whether in verbal or written form while you are in Nepal. They may not commence in time as stated and may end up disrupting all your subsequent schedule. Have a time buffer as much as you can between your major plans and activities, especially if you have a hard stop date that you need to fly out by.

Here are web links for further information on visiting Nepal:

<https://www.lonelyplanet.com/nepal>

<https://www.roughguides.com/destinations/asia/nepal/>

Accommodation List

The following map shows the location of Tergar Osel Ling, the listed Guest houses and hotels, Ciwec Clinic, Norvic Hospital, Boudha Stupa and Tribhuvan Airport

[Accommodation Map](#)

We recommend that foreign participants book accommodation either in the Swayambhu area or in the main tourist area of Thamel and the adjacent area of Lazimpath. We have compiled a short list of guest houses in the Swayambhu area but as we are expecting a large number of foreign participants it will not be possible for everyone to find accommodation in the Swayambhu area. Also there is a wider choice of accommodation in Thamel and Lazimpath, as well as a wider choice of restaurants and cafés.

Although it is further from Tergar Osel Ling, some participants might choose to stay in the Boudhanath area of Kathmandu, which has less restaurant and café options, but prices are generally less expensive than in Thamel.

Please note telephone numbers are listed for calling from outside Nepal i.e. with the country code 977. When in Nepal the area code for Kathmandu is 01 (rather than 1). Nepali mobile numbers are all 9 digits long and do not require an area code.

Accommodation in the Swayambhu area

BASIC

Joyful Guest House, Karma Lekshey Ling Gompa

The Joyful guest house at Karma Lekshey Ling Gompa has rooms with 2 single beds and an attached bathroom and one deluxe room with kitchen, living area, & bed room with double bed (2 extra single beds may be added to the living area at no extra cost)

Deluxe Room	US\$30 per night
A-side Room (with a view):	US\$12 per night
B-side Room (without a view):	US\$10 per night

Contact the manager Karma Gyalphur by email to book

Email: joyfulguesthouse@gmail.com, k.gyalpo@gmail.com

Facebook: joyful guest house

Tel: (977) 01 403575, Mobile: (977) 9808036847

The Sparkling Turtle Backpackers Hostel

The Sparkling Turtle Backpackers Hostel, located near the 'Buddha Park' has 4 to 7 bed dorms. The hostel also has 3 private rooms.

Men's dorm beds are 450NR per night.

Ladies dorms are 500NR per night.

Contact the manager Ajeet by email to book.

Email: tshostel@gmail.com

Web site: www.thesparklingturtle.com

Tel: (977) 01 4033736, Mobile: (977) 9813564272

Listed on Booking.com and Trip Advisor

Benchen Vihar

At Benchen Gompa, Kimdol Swayabhu

Situated in the blessed environment of Benchen Gompa, the Benchen Vihar has simple room with two single beds and an attached bathroom. Prices range from 550NR to 750NR. They also have two apartments with 4 beds, a kitchen, and a bathroom at 1,100 per night

Twin room with attached bathroom: 550NR to 750NR per night

4 bed Apartment: 1,100 per night

Email: bghouse@ntc.net.np
Website www.benchen.org
Tel: 977 1 4284204/4272302

MID RANGE

Swayambhu Peace Zone

The Swayambhu Peace Zone located near the front entrance to the Swayambhu Stupa has double, triple and 4-bed rooms. They are offering the following reduced rate to seminar Participants

1,500NR per room per night.

Please quote 'Mingyur Rinpoche' in your email

Email: info@swayambhupz.com
Website: www.swayambhupz.com
Tel: 977 1 4275544/4670524, Mobile: 977 9751017697
Listed on Booking.com

The Choice Hotel

The newly opened Choice hotel located near the Buddha Park has double and triple rooms with attached bathroom. Please note a double room generally has a double bed and triple rooms have a double bed and a single. Choice hotel is willing to offer their corporate rate to those attending the teaching:

Double room US\$20 per night,
Triple room US\$25 per night.

Please quote 'Mingyur Rinpoche' when booking.

Website: www.thechoicehotel.com
Email: choicehotel64@yahoo.com
Tel: 977 1 4281353/4287686/4423530
Listed on Booking.com

Hotel Mystic Buddha

Situated on the ring road, Hotel Mystic Buddha has single and double rooms with attached bathrooms. They will offer the following reduced rate to those attending the teachings:

Single room with breakfast: 2,800NR per night,
Double room with breakfast for 2: 3,500NR per night

Please quote 'Mingyur Rinpoche' in your email.

Web: www.hotelmysticbuddha.com

Email: info.mbhtl@gmail.com

Tel: 977 1 4285922

Listed on Booking.com

HIGH END

The Vajra Hotel

Located Swayambhu Stupa the Vajra Hotel is surrounded by trees and flower gardens. The following room options are available:

	Single	Double
Suite	US\$90	US\$100
Deluxe Room	US\$60	US\$70
Standard Room	US\$45	US\$50
Small Room	US\$33	US\$38
Room w/ Sink	US\$16	US\$18

The Vajra Hotel is offering to include breakfast for Seminar Participants and to offer a 20% discount on Suites, Deluxe Rooms, Standard Rooms & Small Rooms.

Contact: Mr. Shambhu Lama vajra@mos.com.np, info@hotelvajra.com Please quote 'Mingyur Rinpoche' in your email.

Website: www.hotelvajra.com

Email: vajra@mos.com.np info@hotelvajra.com

Tel: 977 1 4271545

Listed on Trip Advisor

Retreat Serviced Apartments

Retreat Serviced Apartments has 2 Bedroom Standard Apartments, 2 Bedroom Deluxe Apartments, 3 Bedroom Himalaya View Apartment and 3 Bedroom Penthouse Apartments. Their standard rates for the apartments are:

	Daily	Weekly	3 Weeks	1 Month
Standard	US\$69.00	US\$425.00	US\$1,261.00	US\$1,552.00
Executive	US\$84.00	US\$517.00	US\$1,535.00	US\$1,890.00
Deluxe	US\$89.00	US\$548.00	US\$1,626.00	US\$2,002.00
HimalayanView	US\$99.00	US\$610.00	US\$1,809.00	US\$2,227.00
Penthouse	US\$ 114.00	US\$702.00	US\$2,083.00	US\$2,565.00

Retreat Serviced Apartments are willing to offer a 20% discount to seminar participants.

Please contact them at frontdesk@retreatapartment.com and quote 'Mingyur Rinpoche' in your email.

Website: www.retreatservicedapartments.com

Email: frontdesk@retreatapartment.com

Tel: 977 1 4274837

Listed on Trip Advisor & Booking.com

Accommodation in Thamel

Kathmandu Guest House

Located in the heart of Thamel, Kathmandu Guest House is the Valley's oldest and possibly most famous Guest house. KGH is happy to offer the following discounted rates to seminar participants:

Standard room with attached bathroom, hot water & T.V.

B&B single: US\$45 per night

B&B double: US\$55 per night

Deluxe Room with all amenities

B&B Single: US\$75 per night

B&B Double: US\$80 per night

Contact: Mr. Nriesh Shrestha Email: n.shrestha@ktmgh.com Please quote 'Mingyur Rinpoche' in your email.

Website: <https://www.ktmgh.com/>

Listed on both Trip Advisor & Booking.com

Accommodation in Lazimpat

Hotel Tibet

Lazimpat, Kathmandu

Tel: +977 1-4429085

Talk to owner and mention you are going to the Tergar event. Let them know you are attending the event to get a special rate.

There are many other guesthouses and hotels in the Thamel, Lazimpath, and Boudhanath areas to meet all budgets and needs. You can easily browse through them on trip advisor and booking.com