



## **Prerequisites Information – Kathmandu 2024 Retreats with Mingyur Rinpoche**

### **Path of Liberation Levels 1 & 2: Mind Creates Reality & Mind and Emptiness Retreat**

#### **POL 1: Hybrid / POL 2 : In-person only**

May 31–June 5, 2024

#### *Requirements for participation*

- Option 1: To have attended all three Joy of Living levels—Calming the Mind (Level 1), Opening the Heart (Level 2), and Awakening Wisdom (Level 3)—and completed the associated [practice requirements](#)
- Option 2: To have completed the full preliminary practices (the 4 x 100,000 ngondro)
- Option 3: To have had a daily meditation practice for at least five years and attended either group or solitary practice retreats for a total of at least thirty days, with 6+ hours of formal meditation practice per day, under the guidance of a Buddhist teacher

### **Tilopa's Song of Realization: Stabilizing the Recognition of Mahamudra**

#### **Hybrid**

June 7–10, 2024

#### *Requirements for participation*

- Option 1: To have attended a Tergar Path of Liberation Level 2 retreat with Mingyur Rinpoche or Khenpo Kunga (Completing the corresponding practice requirements is NOT required to participate in this event.)
- Option 2: To have received ngondro transmission and nature of mind pointing out from a qualified lineage holder and to have had at least five years of regular meditation practice

### **Dorje Drolo: The Foundational Practices**

#### **Retreat: Hybrid / Empowerment : In-person only**

June 13–16, 2024

This program is open to everyone, but please note that if you plan to take the program online, you are required to have taken refuge and to have received at least one Vajrayana empowerment previously in order to practice the Dorje Drolö ngondro. Rinpoche will give the Dorje Drolö empowerment in person only.

### **Dzogchen Teachings from Flight of the Garuda**

#### **Hybrid**

June 19–20, 2024

#### *Requirement for participation*

To have attended a Path of Liberation Level 5 retreat (Completing the corresponding Level 5 practice requirements is NOT required to participate in this event.)

Please feel free to contact us at [EventSupport@tergar.org](mailto:EventSupport@tergar.org) with any questions.