



## Nitartha Summer Institute 2018 Meditation Intensive (Gomdra) Info Pack

### ***Program Dates:***

The **2018 Meditation Intensive Program (Gomdra)** follows a three 9-day schedule:

Travel day: July 6

**Module 1: July 6\* – 14, 2018**

Travel day/Day-Off: July 15

**Module 2: July 16 – 24, 2018**

Travel day/Day-Off: July 25

**Module 3: July 26 – August 3**

Travel day: August 4

\*Program will officially start with an opening talk on July 6 evening. Check-in will be available after 1 pm.

### ***Venue:***

Western Washington University (WWU), Bellingham, Washington, USA

### ***Registration Deadline:***

Registration deadline for all programs is **May 31, 2018.**

There will be an administration fee of \$100 for late registration after deadline.

### ***Two Gomdra Levels & Prerequisites:***

For the first time, we will be offering **two Gomdra levels** at the Summer Institute: one for beginners and one for returning students.

#### **Gomdra Level 1**

A new cycle of Mahamudra teachings based on the *Ocean of Definitive Meaning* led by Acharya Lama Tenpa Gyaltzen will begin. Practice sessions will be led by Acharya Lhakpa. Chinese translation will be provided.

Prerequisites: None. The new cycle is open to all who are interested.



## **Gomdra Level 2**

Level 2 is a continuing Mahamudra program for returners. Most sessions will be led by Acharya Lama Tenpa Gyaltzen.

Chinese translation may depend on number of Chinese attendees. If you require Chinese translation, please [contact us](#).

### **Who can attend Gomdra Level 2?**

1. **Returning Nitārtha Institute students** who have completed Mahamudra Shamatha and have taken at least one Mahamudra Vipashyana or Enhancement module.
2. **General students** and **Nalandabodhi members** with a background in Mahamudra Vipashyana and are currently engaged in deity yoga practice or have done substantial years of deity yoga practice in the past.
3. **Nalandabodhi members** who are following the “NB Path of Simplicity” and therefore have not engaged in deity yoga practice must have completed the Mahamudra Curriculum as taught in Nalandabodhi.
4. **Students who have completed a 3 year retreat** are also welcome to apply.

### ***Dzogchen Ponlop Rinpoche’s Teaching & Prerequisites:***

Dzogchen Ponlop Rinpoche will be present during Modules 1 and 2 and teach two classes this summer. These two classes will be offered on alternating days.

#### **1. DISTINGUISHING THE VIEWS AND PHILOSOPHIES: A LAMP OF ESSENTIAL POINTS**

This is a Sutra class that is open to all students. No prerequisites.

#### **2. LUMINOUS ESSENCE: THE TANTRA OF THE SECRET ESSENCE**

This is a Tantra class that is open to eligible students only.

If you are a Gomdra Level 2 student, you will be able to attend this class.

If you are a Gomdra Level 1 student, eligibility to this class depends on your practice background. Requirement is very similar to that of a Gomdra Level 2 student.

For eligibility details, please see [our website](#).

### ***Acharya Lama Tenpa Gyaltzen’s Teaching:***

Acharya Lama Tenpa Gyaltzen will be present during the entire program. During Module 1 and 2, he will be teaching *Ocean of Definitive Meaning* to Gomdra students and lead practice sessions for Gomdra Level 2. During Module 3, ALTG **will also assume the role of Principal Teacher**, and will continue his presentation of Lama Mipham's text *Beacon of Certainty*. No prerequisites for this class.



**Onsite Tuition:**

Program	Tuition (USD)
Gomdra Module 1	\$ 600
Gomdra Module 2	\$ 600
Gomdra Module 1 & 2	\$ 1200
Gomdra Module 2 & 3	\$ 1200
MMVP all three modules	\$ 1500

**WWU Housing:**

This year, we will be staying at WWU’s Fairhaven Campus (same as 2017). The housing price includes a single room (1 person in a room). Bathrooms are shared with 1-2 others in most cases. You can also submit housing requests (eg. suitemate/different check out date) in the registration form. Students are also welcome to explore off-campus housing on their own.

Check-in Date/Time:

**Module 1:** July 6, 1-5 pm; check out is July 15 before 11 am

**Module 2:** July 15, after 3 pm; check out is July 25 before 11 am

**Modules 1 & 2:** July 6, 1-5 pm; check out is July 25 before 11 am

**Module 2 & 3:** July 15, after 3 pm; check out is Aug 4 before 11 am

**All 3 Modules:** July 6, 1-5 pm; check out is Aug 4 before 11 am

Program	Housing (USD)
Gomdra Module 1	\$ 400
Gomdra Module 2	\$ 450
Gomdra Module 1 & 2	\$ 830
Gomdra Module 2 & 3	\$ 870
MMVP all three modules	\$ 1250



**Dinning Services:**

WWU Meal Plan		
Gomdra – Module 1	Breakfast & Lunch	\$220
	Lunch Only	\$100
	Lunch & Dinner	\$230
	Breakfast, Lunch & Dinner	\$350
Gomdra – Module 2	Breakfast & Lunch	\$250
	Lunch Only	\$110
	Lunch & Dinner	\$240
	Breakfast, Lunch & Dinner	\$380
Gomdra – Module 3	Breakfast & Lunch	\$250
	Lunch Only	\$110
	Lunch & Dinner	\$240
	Breakfast, Lunch & Dinner	\$380
Dining Dollars	Minimum Purchase	\$20/module

All residential students are required to purchase a meal plan or Dining Dollars card (minimum amount \$20). Please note that Viking Dining Dollars cards cannot be used in the cafeteria. The Dining Dollars are only for purchase at coffee shops and the marketplace on WWU campus (Hours: Monday-Friday, 7:30 am–2:00 pm).

Lunch & Dinner will be served in WWU’s Viking Dining Hall. Breakfast will be catered in Fairhaven. (Same as 2017) All meals are in buffet style. Kitchen facilities are very limited in the dorms.

Meal Plans **do not** include meals on travel-day/day-off (7/6\*, 7/15, 7/25, 8/4); participants are invited to explore [food options in Bellingham and New Haven](#) on these days. Unused meals and dining dollars are non-refundable. \*On 7/6 (Check in day for Module 1), dinner will be provided if your meal plan includes dinner.

**Teaching Gifts:**

Most of Nitārtha's faculty members teach on a voluntary basis. Your teaching gift will support our teachers to continue their dedication to the Buddhist teachings. We encourage you to give any amount you feel inspired to. **Suggested amount: \$100-150 each module.**



### **Online Streaming and Moodle Access:**

If you are planning to attend **ONLY one module on-site**, you can choose the following add-on, in order to complete the entire cycle of teachings:

1. **Moodle Online Access for DPR's Sutra Class**, *DISTINGUISHING THE VIEWS AND PHILOSOPHIES: A LAMP OF ESSENTIAL POINTS*. You can log in to view the teaching when you have time. No limited viewing time set. Fee: \$150
2. **Live Stream for ALTG's Gomdra Class**, *THE OCEAN OF DEFINITIVE MEANING*. You have to view the teaching live at 9:10-10:20 am Pacific Time every day, no recordings provided for later viewing. No extra fee needed.

No online viewing or catch-up options for DPR's Tantra class.

### **2 pm Optional Classes:**

Gomdra students are welcome to attend one of the 3 optional classes offered at 2 pm:

2 pm Optional Classes		
1. Mudra Space Awareness	2. Intro to Tibetan	3. Tibetan Reading Course

**Note:**

**Class 1&2:** These two classes are offered only during Module 1&2 Only

**Class 3:** This is for students who know the Tibetan alphabet and have a basic grasp of Tibetan grammar. It follows the regular Shedra 14-day schedules and are offered during both Session 1&2.

### **Register Here Now! (Deadline: May 31, 2018):**

<http://summer.nitarthainstitute.org/en/register/#registration>

### **PPFA (Payment Plan and Financial Assistance)**

Nitartha Institute provides payment plan and financial assistance (PPFA) option to students with financial difficulties. Please note that **PPFA is applicable on tuition only**, not meal or housing. [Please click here to learn more about and apply for PPFA.](#)

### **Questions?**

Contact Registrar Siu Yin Lee at [slee@nitarthainstitute.org](mailto:slee@nitarthainstitute.org)