

4th Mahamudra Transmission Retreat, 2016 in Greece

Teaching in English and Greek

Lama Tilmann (Lhundrup)

From: Thursday, June 30th, at 7 p.m. (first session)

To: Sunday, July 10th at 9:30 a.m. (end of last session)

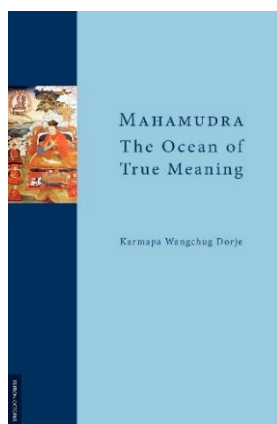
The situation for the Greek is not easy these days, but so far it has not affected the retreat situation, and we will do it again in: GR-37012 Kalamaki village, Pilion, Central Greece

Participants: Any dedicated person meditation can participate. There is the religious sense of the term. The to newcomers; the first day we of the previous year. Fortunately, a wishing to receive full explanation to come. To participate it is of awakening as taught by the Buddhist masters and to have confidence in their teaching. Confidence and dedication, plus the capacity to practice diligently, are the main requisites.



with some experience in no need to be Buddhist in transmission remains open usually repeat the essentials steady group has formed and guidance over the years necessary to trust in a path of awakening as taught by the Buddhist masters and to have confidence in their teaching. Confidence and dedication, plus the capacity to practice diligently, are the main requisites.

We keep silent until noon, and always inside the teaching place.



This **transmission** of Mahamudra teachings by Lama Tilmann in Greece started in July 2013 and will continue for seven years until 2019. The teaching is in English, translated into Greek, based on the meditation manual of the Ninth Karmapa Wangchug Dorje “Mahamudra – The Ocean of True Meaning” (Edition Octopus, MV-Verlag). We will cover all four parts:

- I. Preparations and preliminaries,
- II. Main practice: Calm Abiding and Intuitive Insight,
- III. Instructions on deepening Mahamudra practice,
- IV. Concluding remarks on the Mahamudra approach

The instructions, written in the 16th century by one of the great masters of Tibetan Buddhism, form a central reference for Buddhist practitioners who seek in-depth guidance for a lifetime of practice. Every participant should have the book in order to follow the transmission, which includes explanations of the text, oral instructions, and guided exercises and meditations.

Participants commit to practising meditation one hour per day throughout the year, applying the instructions received during the transmission. Guidance for one's personal practice is available throughout the year. Our commitment is to do everything necessary for a clear mind! So far, we have done the lessons 1-5; 8-13; 20-32; 40-45.

In 2016, the teaching will cover the chapters on:

- The Circle of Conditioned Existence (pp. 44-48)
- Guru Yoga (pp. 83-95)
- Stabilizing Calm Abiding (pp. 144-150)
- Intuitive Insight: Pointing-Out Instructions (p. 167-173),
- Enhancing the Practice through dispelling Five Misconceptions (pp. 140-144)

Transcripts of past teachings are available with Natasha. We gradually continue with the following sections, filling up the blanks – each year having instructions on the preliminaries, mental calm, general Mahamudra and insight meditation.

To enhance clarity of mind, we will be respecting silence as much as possible, also in the evenings. During the retreat, we refrain from distracting activities like TV, internet and drugs.



Daily schedule:

6:00 – 7:00	Individual practice (incl. yoga, physical exercise etc.)
7:00 – 8:00	Guided meditation
8:00	Breakfast
9:30 – 12:30	Teaching and practice
12:30	Lunch, Siesta, Beach meditation
16:00 – 19:00	Teaching and practice
19:00	Dinner
20:00 – 22:00	Individual or group practice (occasionally on the beach)



Teacher: Lama Tilmann practised Mahamudra under the guidance of Gendun Rinpoche. From 1994 to 2011, he was one of the teachers responsible for passing on these teachings in the traditional retreats of three to six years in Kundrol Ling, France. For his calendar of activities as well as the audio recordings and transcripts of his teachings see: www.awakeningtosanity.net

Place: The retreat place is in the centre of Greece, on the peninsula of Pelion (Pilio), in the mountain village of GR-37012 Kalamaki (Propan), Pelion Magnesia, 450 meters above the sea, (road 3.2 km): <http://www.petradihotel.gr/en/index.html>. We rent the whole “Petradi Hotel”, but the teaching might be given above the hotel in the renovated former school of the village, which already in 2015 served as our meditation hall.



Most of the apartments of one room each have their own bathroom, electric plates, refrigerator, sink, air conditioning and heating. We can use the large, covered terraces for meditation and a swimming pool for recreation.



The course fee is 15€/day

(150€ for 10 days, reduction possible)



It includes the travel costs and stay of the teacher and the translator plus a contribution to the teacher's monthly living. Please also donate to the organizer and translator Natasha and to some of the Greek participants without income!



Accommodation: We share rooms to fit in all participants. With 2 or 4 people in each of the 11 rooms of varying sizes, the hotel has up to 36 places. Seven of the rooms have their own terraces on which it is possible to sleep, if you bring a mosquito net.

The Value Added Tax has changed to 13% from October 1st 2015!

There are three options (price for 10 days, incl. 13% VAT):

Option 1 – single room: **452 €/person**

Option 2 – room shared by 2 people: **226 €/person**

Option 3 – room shared by 4 people: **170 €/person**

These are reduced, special prices for us as part of a group offer, since we book the whole hotel. As you might wish to book together with friends, here is the list of the apartments:

Rooms	Places	Beds	Price/day/person (VAT to be added)	Persons in total	Extra information
4 SUPERIOR rooms	4 places	1 double bed plus 2 single beds	15€	4x4 = 16	Each room has a balcony, kitchen and bathroom.
2 EXECUTIVE rooms	4 places	1 double bed plus 2 single beds	15€	2x4 = 8	
2 STANDARD rooms (no 101, 102)	2 places	1 double bed	20€ (or 40€, if single)	2x2 = 4	Only bathroom, no kitchen (pool area).
1 MAISONETTE with 3 rooms	4 places	ROOM 103 1 double bed. 1 sofa, 1 single bed	15€	4 + 2 + 2 = 8	Room 103 has its own bathroom and a big kitchen (shared by the whole maisonette). Rooms 104 and 105 share a bathroom on the corridor.
	2 places	ROOM 104 1 double bed	20€ (or 40€, if single)		
	2 places	ROOM 105 1 double bed	20€ (or 40€, if single)		
TOTAL				36 max.	

Please reserve your stay directly with Natasha, not with the hotel! Extra days however, if you wish to come earlier or stay longer, are to be booked with the hotel for normal prices.

Once all beds are booked out, there are further places in guesthouses in the villages of Kalamaki, Neochori, or Milies. You need, however, to provide for your own transport to come to the teaching. Everyone not doing the full retreat, as well as parents with children, will need

to rent a place outside. You find information on available rooms and studios close by under <http://www.aroundpelion.com/>

Food: An abundant **breakfast** for **6€/day** is available at the hotel lounge. We can cook meals for ourselves in our flat or eat in one of the two taverns on the village square just 100m away in the shade of a huge sycamore tree.

Group lunch can be arranged for **7 or 10€/meal**. Please let us know if you are interested!



There are no shops in Kalamaki. If you wish to cook for yourself, do your shopping before coming! You can find a grocery shop, bakery and super-market in the nearby villages of Milies and Neochori, accessible by car. After our stay, we have to clean our kitchen thoroughly.



Contact: Natasha (Anastasia) Tsagarakou (main organizer, speaks Greek, English, French, Italian, and Spanish) Email: nattsag@gmail.com, Phone: 0030-6946-285610, 4 Sarantaporou Str., Ilioupoli, GR-16346 Athens

1. Every participant has to send a deposit of 100€ to the organizer's bank account (this will be counted together with the course fee) --- and only then you are properly booked!

Account Holder: TSAGARAKOU ANASTASIA
Bank: NATIONAL BANK OF GREECE, BIC: ETHNGRAA,
IBAN: GR 5701 1005 3000 0005 3603 51406

2. Please also send to Natasha a booking letter or email indicating your (1) full name, (2) postal address, (3) email, and (4) telephone number, plus your (5) accommodation option and (6) payment details (date of deposit, bank and amount). *Sorry for these inconveniences!*

Travel information



Bring with you a cushion and meditation blanket and/or carpet. We can bring a few only for those who fly without luggage. You need slippers for inside the hotel, good shoes for walking down the mountain, flashlight for night walks, perhaps food, tea, coffee (all cooking utensils are available in the rooms) and your beach equipment including towels. *The hotel provides bed sheets and towels for regular use, but not for the beach.*

The nearest town of **Volos** is 216 km south of Thessaloniki and 326 km north of Athens. **Kalamaki** is 36 km from Volos along the coast and across a small mountain (one hour by car).

BY CAR AND FERRY: You can take the ferry from Venice (Anek Ferries), Trieste (Minoan Ferries) or Ancona to **Igoumenitsa**. The 27hr round trip from Venice or Trieste to Igoumenitsa and back costs around 160€/person as a deck passenger, plus about 100€ for the car. The trip from Ancona is a little shorter and cheaper. From Igoumenitsa take the road via **Trikala** to **Volos**. From there best is to drive via **Milies** to **Kalamaki**. The hotel is close to the village centre, some 100m from the central square.

BY PLANE: The closest airport is Volos Nea Anchialos, but depending on the available flights, you might need to come via Athens or Thessaloniki. If you book early you can find round trips for less than 100€ In case you arrive at Volos airport, 30 km south-west of Volos, take a bus to Volos town centre and then a bus to Kalamaki (or to Milies or Neochori, where we can pick you up). Taxi is also possible (around 40€). We can pick you up with a car at the airport, if you are willing to wait for 3-4 participants to be taken together.

BY BUS FROM THESSALONIKI TO VOLOS

For those who arrive at Thessaloniki airport, you can take bus No78 from the airport to Macedonia Bus Station. It takes about 45 min. From there you take the bus to Volos. If you need a place to stay in Thessaloniki, we will be happy to put you up!

INFO & TIMETABLES: <http://ktelmacedonia.gr/en/content/Destinations-map.124/>

THESSALONIKI TO VOLOS <http://ktelmacedonia.gr/en/routes/tid=26>

BY BUS FROM ATHENS TO VOLOS

From Athens airport take bus X93 to LIOSION BUS STATION (*not* Kifisos bus station!) and from there the bus to Volos.

BUS X93 TIMETABLE <http://www.oasa.gr/xpmap.php?id=px93&lang=en>

ATHENS TO VOLOS <http://ktelvolou.gr/en/routes/map/&map=greece>

HOTELS IN VOLOS

If you arrive before the starting day of the retreat and need to spend the night in the beautiful town of Volos. A cheap and decent place is **Hotel Roussas**, Iatrou Tzanou 1, 38222, Volos, Greece, tel. +30 24210 21732, <http://www.travbuddy.com/Hotel-Roussas-v461753>.

A more central option is **Hotel Alexandros**, 3 Topali str., Volos, tel. +30 24210 31221,

<https://alexandrosvolos.reserve-online.net/hotel.cfm?src=107>

and also **Hotel Xenia**, right at the seafront, 1 Plastira str., 38221, Volos, tel. +30 2421092700, <http://www.domotel.gr/hotel/4/Xenia-Volos>.

FROM VOLOS TO KALAMAKI: A taxi from Volos costs 30-40€ - if you share it, this is not too expensive. There are some direct busses to Kalamaki; others go to the nearby villages of Milies or Neochori. In case you arrive there, call Natasha at (0030) 6946-285610 and we will come to pick you up.

VOLOS BUS website: <http://www.ktelvolou.gr/>

PELION INFO website has better information: <http://www.pelionweb.gr/en/>

INFO & TIMETABLES: <http://ktelvolou.gr/en/routes/map/&map=magnesia>

In case of transportation difficulties from Volos to Kalamaki (you never know....), we will find a way to pick you up at our **meeting point: Volos Bus Station**, but you will need to wait for each other and form groups of 5-6 people.

Please let us know, if you need anything else,
and forward this invitation to anyone interested.

Looking forward to seeing you all!

OM MANI PADME HUNG.

Best wishes to all of you!

We will certainly enjoy a wonderful time of deep practice.

Natasha, Tilmann, and the team