

PRACTICAL INFORMATION

Welcome to the temple of Sakya Tsechen Ling

HOW TO CONTACT US

SAKYA TSECHEN LING

European Institute of Tibetan Buddhism

Founded by Khenchen Sherab Gyaltzen Amipa Rinpoche

Address: 5, rond-point du Vignoble, 67520 KUTTOLSHEIM, France

Tel: +33 (0) 3 88 87 73 73 80

Email: sakya.tsechen.ling@ozone.net

Website: www.sakyatsechenling.eu

DISCOVERING THE INSTITUTE

The study and practice periods mentioned below form a most suitable and perfect setting for discovering the institute - in particular its temple. The speakers or managers present are delighted with all interactions and are always happy to answer any questions. Do not hesitate to ask them about the history of the institute, its objectives, and the tradition from which it originated.

PROGRAM OF ACTIVITIES - SEMINARS AND RETREATS

Our program is structured around monthly seminars, two annual retreats, and major events with invitations from high-ranking masters. This is detailed in a paper booklet available on request or on our website.

OTHER STUDY AND PRACTICE OPPORTUNITIES

We offer additional study and practice activities once a week outside the monthly seminars, biennial retreats and the months of July and August. For dates, times and topics please refer to the "Monthly Outlook" pages for the month in question, either

- through the website
- by email sent to all members with an email address, or
- by post sent to members by request

Dates, schedules and topics are modifiable, if a majority has other preferences. These are courses with areas of interest developed jointly which can extend over a limited period of time (for example, 3 to 4 weeks). These courses will generally take place on Saturday afternoons at 2pm.

Possible topics include philosophy, mind training, Buddhist meditation, Tibetan calligraphy, text study, etc. These are based on areas of interest either proposed by the responsible or prepared at

the request of individuals or groups and always include a presentation on the rich and beneficial aspects of Tibetan meditation training. These topics will be communicated as soon as they are established.

REGISTRATION

For monthly seminars:

If possible, please send a written registration form available (on our website or in paper version), by post or e-mail 15 days in advance. Participation is only possible if the tuition (see Contributions to the Institutes Operating Costs) is paid no later than a ½ h before the beginning of the course.

For retreats:

Registration is mandatory via email or post one month in advance using the form available (on our website or in paper version). This will be validated by confirmation from the institute accompanied by the retreat program. Payment (see Contributions to the Institutes Operating Costs) is due a ½ h before the beginning of the retreat.

For all other activities:

No registration is necessary.

SCHEDULE

For monthly seminars:

Starting Friday evening at 20:30

Saturday from 10am to 12pm and from 3pm to 5pm

Sunday from 10am to 12pm and from 2pm to 4pm.

For all other Saturday events:

Teachings and exchange of ideas are held from 2pm to 4pm

Meditation from 4pm to 4:30pm

For Thursdays before seminars or retreats:

Maintenance work (optional): from 9am to 12pm and/or from 1pm to 5pm (please inform the secretary, if you are available).

For other activities:

See the "Monthly Outlook" (via website, e-mail or post).

MEMBERSHIP FEES

A yearly contribution is required (for legal reasons) from each participant (sympathizer: 15 € / active: 30 € / sponsor 80 € or more).

CONTRIBUTIONS TO THE INSTITUTE'S OPERATING COSTS

Full monthly sessions: 35 € for the whole weekend (46 € for couples) or 17,5 € per day (23 € for couples).

For studies outside the monthly sessions, such as those on Saturday afternoons: 5 €.

There is a 50% discount for students, unemployed and retirees.

The teachings are free of charge. Contribution amount is determined by an approximate estimate.

PAYMENT

- by check
- by bank transfer (RIB / IBAN-BIC sent on request)
- to the treasurer before the sessions.

PARKING

In the immediate vicinity of the Institute (see the yearly program, page 4).

Please park your car in the institute's parking lot. Short term parking at the institute to drop off or pick up a heavy packages is permissible.

Respect the direction of traffic and the three parking lanes.

TRANSPORTATION

It takes about 20 minutes to drive from Strasbourg to Kuttolsheim.

Bus from Strasbourg station: line 205: Willgothem - Strasbourg

Taxi13: +33 (0)388 36 13 13

ACCOMMODATION

Our institute provides a small number of rooms (which will be shared), subject to a written registration (see below) 15 days in advance and confirmation from us.

MEALS

Many members organize a common meal. If you wish to join in, please register 15 days in advance and contact them as soon as you arrive in order to participate in the various tasks involved.

INTERNAL RULES OF PROCEDURE

The purpose of internal rules are

- to foster the dynamic and mutual respect necessary for a stimulating community life,
- to ensure a peaceful, harmonious and beneficial environment for everyone in order to facilitate listening, reflection and meditation,
- to keep the environment clean and orderly

For further information, please ask at the reception desk.

MAINTENANCE WORK - VOLUNTEERING

The maintenance work in our institute is essential for preserving a setting that allows for listening, reflection and meditation. This takes place regularly on Thursday mornings at 9am before each session or retreat. Everyone is cordially invited to participate. If you plan to partake, please inform the secretary of the institute. Thank you.

REGISTRATION FORMS