Liberation is in the Palm of Your Hand
July 10 to August 10, 2013

Buddhist Retreat in Rural New York State
Meditation
Teaching
Ngondro Foundation Practices
Inner Heat Yoga, Tsa Lung
Dzogchen Togyal & Trekchod
(Nyungne July 4 to 7 (with Khenpo Tenzin Norgay))

With His Holiness Karma Kuchen Rinpoche and...

Visit http://retreat.palyul.org
for registration and more information