



INTERNATIONAL  
DZOGCHEN  
COMMUNITY  
YESELLING / AUSTRIA



Invitation to the 7<sup>th</sup> autumn retreat with Oliver Leick in Yeselling

**"At the peak of the highest mountain:  
The State of Dzogchen"**  
*From Meditation to the State of Contemplation*  
Friday, October 28<sup>th</sup> – Wednesday, November 2<sup>nd</sup>, 2022

In this six days retreat we will focus on the points of view on the three Paths of Liberation as explained in the book of Chögyal Namkhai Norbu *The Precious Vase*.

Through reflecting, we will answer the questions "What is meditation?", "Who am I", "What is contemplation?" and we will discover in ourselves the approach to instant presence.

Everybody is welcome to participate in these explanations.



During this retreat, members of the International Dzogchen Community will also apply various methods of meditation according to the teachings and instructions of Chögyal Namkhai Norbu.

The public as well as the restricted parts of the retreat will take place on site in Yeselling and online via Zoom.

Course fee: Donation to support Yeselling and its maintenance.

Planned schedule:

Friday, October 28<sup>th</sup>

17:00 – 18:00 Training in the practice of Kumbhaka (\*)

18:30 – 19:30 Practice of the Guruyoga of White A (\*)

Saturday, October 29<sup>th</sup> – Tuesday, November 1<sup>st</sup>

08:00 – 08.45 Practice of Ödzer Chenma (\*)

10:00 – 11:15 Explanations

15:00 – 16:15 Explanations

17:00 – 18:00 Training in the practice of Kumbhaka (\*)

18:30 – 19:30 Practice of the Guruyoga of White A alternating with the practice of Green Tara (\*)

Wednesday, November 2<sup>nd</sup>

08:00 – 08.45 Practice of Ödzer Chenma (\*)

10:00 – 11:15 Explanations

(\*) Participation in these specific practices is restricted to those who have received the transmission of Chögyal Namkhai Norbu or Yeshe Namkhai.

Oliver has been a student of Chögyal Namkhai Norbu since 1977. He became authorized by Rinpoche as an instructor of Yantra Yoga Level 1 in 2002 and as an instructor of SMS Base instructor in 2010. For the last 45 years Oliver conducted more than 170 retreats in many different places and countries. Oliver is vice president of the International Atiyoga Foundation and director of the International Shang Shung Institute.

[Please register on our website.](#)

After your registration you will receive the Zoom link for the explanations as well as the practices.

We are looking forward to welcoming you in Yeselling or online!

Kind regards

Karoline, Oliver and Savia

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