What is the Medicine and Compassion Retreat?

- The retreat is an opportunity for like-minded professionals to come together and focus on the virtues of compassion and the possibility of increasing one's capacity for compassion. We would all like to have compassion that is more stable, inclusive, and effortless, but methods for accomplishing this are not commonly taught. This retreat will explore, in an in-depth way, methods that can help expand one's own compassion and to teach others about compassion, and decrease the tendency towards compassion fatigue.

- The retreat is based on the book, *Medicine and Compassion*, by Chokyi Nyima Rinpoche and David R Shlim MD. Dr. Shlim hosted the world’s first conference on Medicine and Compassion in 2000 and created the book from Chokyi Nyima Rinpoche’s teachings. He has been lecturing and writing about medicine and compassion for the past twenty years. Lama Oser is a senior lama at Chokyi Nyima Rinpoche’s monastery in Kathmandu, and the resident teacher at Gomde UK.
The Medicine and Compassion Retreats are the only seminars in the world, to our knowledge, in which a Tibetan lama teaches directly to caregivers about how to train in compassion. The retreat will combine lectures, discussion, and an introduction to meditation practice.

Topics to be covered include:

1. Definition and basis of compassion
2. Understanding impermanence
3. Six ways to train directly to improve compassion
4. The relationship between a relaxed mind and a compassionate attitude
5. Meditation training
6. Helping patients with the end of life

Participants are encouraged to read *Medicine and Compassion* before they arrive, and to take advantage of the free *Study Guide to Medicine and Compassion* that can be downloaded from Dr. Shlim’s website: [www.davidshlim.com](http://www.davidshlim.com)

Participants are also encouraged to watch the *Medicine and Compassion Teaching Videos*, taught by David Shlim and Phakchok Rinpoche, found here: [https://vimeo.com/medicineandcompassion](https://vimeo.com/medicineandcompassion)
Where is the Retreat Being Held?

- Gomde UK is a Tibetan Buddhist retreat center located in the middle of a nature preserve near Doncaster, England. The beautiful grounds and the isolation in nature are extremely conducive to relaxing and absorbing the teachings. The retreat center provides lodging and all food during the retreat.

- Daily teaching sessions are interspersed with free time to enjoy the beautiful grounds, and practice what is being taught.

- The retreat will be limited to 30 participants, assuring an intimate experience and individualized teaching.

Who is This For?

- The retreat will be of benefit to anyone who wishes to bring a more conscious approach to compassion into their work. It will be of particular value to health professionals, social workers and other caregivers who are called upon to offer compassion in their daily work.

Logistics

- The retreat begins with dinner and an evening teaching session on Wednesday, June 17th, and concludes with lunch on Sunday, June 21st, 2020. The retreat center will work with participants to provide transportation from nearby travel hubs.

- The tuition for the retreat includes teaching, lodging and food for four days and nights at Gomde U.K. Pricing is dependent on the level of accommodation, and varies from £650 to £800.

How to Register

- Please visit https://gomde.uk/medicine-and-compassion to register for the retreat.
- If you have any questions or concerns, please email Dr. Shlim.

E-mail Dr. Shlim: drshlim108@gmail.com