



MEDICINE &
COMPASSION

Upcoming Retreat with Lama Oser & Dr. David Shlim Sept 27th– Oct 1st, 2023

The Medicine and Compassion Retreat will introduce attendees to the possibilities of expanding their capacity for compassion, while making it more stable, inclusive, and effortless. We will explore methods that can help you more easily access your own compassion and to teach others about it.

To get a taste of past retreats, [please view our video collection](#)

This retreat is the only one in the world, to our knowledge, in which a Tibetan lama teaches directly and exclusively to healthcare professionals and caregivers about compassion!

The retreat is an intimate experience, limited to 25 attendees.

Location

The setting for the retreat is an ideally relaxing luxury dude ranch nestled in the woods between Grand Teton National Park and Yellowstone National Park. We have exclusive use of [Turpin Meadow Ranch](#) for the duration of the retreat and will enjoy three gourmet meals per day, a comfortable well-appointed classroom and access to private hiking trails.

Registration

Tuition: \$2,500 all inclusive of teaching, lodging and food. If you have any questions about the retreat, or whether it is the right step for you, please email Dr. Shlim using the "Email Me" button on the website.

Our Teachers

Lama Oser received his training in Chokyi Nyima Rinpoche's monastery, and has become one of the top recognized teachers in the lineage. He is skilled at teaching in English.

Dr. David R. Shlim hosted the world's first conference on Medicine and Compassion in 2000 and has been lecturing and writing on the subject for over twenty years.





How do I register?

Please send an email with your interest in potentially joining us to Paula at: paula@medicineandcompassion.com. She will put your name on a list to reserve your spot with no commitment. She will then reach out to you to complete registration if you are still wanting to join us after March 1st, 2023.

What about COVID-19?

We were able to hold in-person retreats safely in 2021 and 2022 utilizing testing protocols for attendees. All attendees must be fully vaccinated. It's too soon at this point to know what we will need to do to be safe in 2023. We will make sure that the retreat can be run safely, and if new variants change the situation, we will adjust as necessary.

I am not a medical professional...can I attend the retreat?

The retreat is mainly designed for healthcare professionals and caregivers and meant to be of benefit to people who need stable, inclusive and effortless access to compassion in their daily work lives. Although most attendees are in the medical field, the retreat is open to others who are also motivated by learning about compassion.

What is covered in the Retreat?

The retreat will combine lectures, discussion, problem-solving, and meditation practice. The small group size will be ideal for asking questions and helping to design approaches that attendees can bring back to their respective institutions. 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

What is the daily schedule like? How much free-time can I expect?

The day is divided into teaching sessions and breaks, with a long break in the afternoon for relaxing, enjoying a gentle yoga class, or walking in the woods.

When should I plan to arrive and depart?

The retreat begins on Wednesday evening, September 27th with an orientation at 7:00pm. You are welcome to arrive anytime after lunch on Wednesday. Dinner will be provided that night beginning at 6:00pm. The retreat concludes after lunch at noon on Sunday, October 1st.

Late September can be an ideal time to explore Grand Teton National Park and Yellowstone, although of course the weather can be unpredictable. If you have time, we can help arrange sightseeing and local activities before or after the retreat.

How would I get there?

The airport at Jackson Hole is located approximately an hour's drive from the ranch. There is no public transportation to and from the ranch. You can explore transportation options, including taxis and shuttles. An Uber or Lyft will cost approximately \$150, depending on local demand. Most past participants in the past have chosen to rent a vehicle, so as to be able to explore the surrounding areas with ease. If you have any issues arranging transport, please contact us.



Lama Oser on horseback at Turpin Meadow Ranch, 2021