



# MEDICINE & COMPASSION

## The Medicine & Compassion Retreat Goes to Nepal! with Phakchok Rinpoche, Lama Oser & Dr. David Shlim November 6<sup>th</sup>-12<sup>th</sup>, 2023



Photo: Lawrence Shlim

After five years in Jackson Hole, Wyoming, the Medicine and Compassion Retreat will take place in Kathmandu, Nepal this year.

The retreat is aimed at anyone who would like to find ways to expand their capacity for compassion, based on Tibetan Buddhist insights into compassion training. The goal is to learn to experience a more stable, inclusive, and effortless form of compassion, and discover a way to train our own mind to be more calm and open.

The setting for the retreat is the **Gokarna Forest Resort**, situated within 470 acres of protected native forest on the outskirts of Kathmandu. We will enjoy three delicious meals per day, a comfortable well-appointed classroom and access to luxury spa facilities.

### Registration

Tuition is all inclusive of teaching, lodging and food.  
\$2,800 standard private accommodation  
\$2,400 shared accommodation ~ double occupancy  
Travel to and from Nepal is NOT included.

TO RESERVE YOUR SPOT:  
Please make \$100 deposit online by  
clicking here:

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# Our Teachers



Photo: David Stubbs

**Kyabgön Phakchok Rinpoche** is one of the most popular and accessible reincarnate Tibetan lamas in the world. He finds ways to transmit genuine Tibetan Buddhist philosophy in an accessible way for a modern generation. Combining his profound understanding of the teachings with his experiences as a husband and a father, he brings the philosophy to life and encourages us to work to improve our own lives. He was trained by some of the greatest meditation teachers of the past century. He is the nephew of Chokyi Nyima Rinpoche.

**Dr. David R. Shlim** has spent the last twenty-three years lecturing and teaching about how it is possible to train in compassion, including in-person retreats, online study programs, and medical school courses. Dr Shlim ran the world's first destination travel medicine clinic in Kathmandu for fifteen years. Early in his tenure, he began to offer free medical care at a nearby Tibetan Buddhist monastery, befriending the head lama, Chokyi Nyima Rinpoche, and gradually discovering the benefits of Tibetan Buddhism, both personally, and in his medical practice.

**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, and exudes compassion in all of his interactions.



# More Information and FAQs

## **What happened to the Medicine & Compassion Retreat in Bhutan?**

We initially hoped to do a Medicine and Compassion Retreat in Bhutan this year, but that proved logistically too difficult. So, we are doing it in Kathmandu, the birthplace of Medicine and Compassion!

## **Who can attend the retreat?**

Anyone with a genuine interest in cultivating more compassion is welcome to attend. Compassion is a great entry point for the study of Tibetan Buddhism, which is based on compassion. Attendees will learn how to practice in a way that results in more calm and kindness in their lives, and a way to better handle the normal ups and downs of life.

## **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 sharing ideas during informal discussions. 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 ourselves and other people with the end of life

## **Is there something new this year besides the location?**

The last day of the retreat will focus on how to create a curriculum for training in compassion. We will share points of view from Western, Nepali, and Bhutanese doctors on how best to promote compassion in our work and our lives. The retreat will culminate with a special banquet.

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

We'll have two main teaching sessions during the day, with a big break after lunch that will allow for walks in the forest, meditation, or just relaxing. The evenings will be free, but attendees may be able to go to the Boudhanath Stupa and join the many people who circumambulate the Stupa in the evenings to gain merit.

## **Cancelation & Payment Policy**

We are asking for a \$100 deposit to secure your spot. The deposit will be refundable, minus a \$50 processing fee, on or before June 15th, 2023. We will bill you for the balance after June 15th. Once you've paid the balance, you can still cancel up to August 1st, minus a \$500 fee.

### **What about COVID-19?**

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 in Nepal. We will make sure that the retreat can be run safely, and if new variants change the situation, we will adjust as necessary.

### **When should I plan to arrive and depart?**

The retreat begins on Monday evening, November 6th with an orientation at 7:00pm. You are welcome to arrive any time after lunch on that day. Dinner will be provided that night. The retreat concludes with the banquet on Saturday, November 11th, and check-out is Sunday, November 12th. You may want to arrive in Nepal a few days earlier to rest and recover from jet lag.

### **Two for One—Chokyi Nyima Rinpoche's Fall Seminar**

The retreat will end just a few days before the likely start of Chokyi Nyima Rinpoche's Eight-day Annual Fall Seminar (dates not officially announced yet), which you may also consider attending while in Kathmandu. The Fall Seminar is free (donations requested), so staying for both events is a great opportunity.

November is one of the nicest months of the year in Nepal, ideal for trekking or touring other parts of Nepal. We can help you choose other activities before or after the retreat.

### **How do I get to Nepal?**

These days there are many ways to get to Nepal, traveling either from the west or the east. We will suggest a travel agent who has a lot of experience booking flights to Nepal, or you can make your own travel arrangements. As we get closer to the Retreat dates, we will be in touch with all attendees regarding travel to Gokarna Forest Resort.

