

We are really happy to announce that Jack Petranker will present the first ever Full Presence Mindfulness retreat in our Amsterdam Nyingma Centrum. Jack Petranker has been a student and close collaborator of Tarthang Tulku Rinpoche for many years and is a gifted international teacher in Dharma Studies, consciousness studies and Time Space Knowledge vision.

This retreat is the 7th international TSK summer retreat Europe, organised in collaboration with the German Nyingma Zentrum in Koln.

We are very much looking forward to welcome seasoned as well as fresh students of mindfulness, meditation or TSK to study Full Presence Mindfulness with Jack in Amsterdam this summer!

FAQ 1:

Can I attend the retreat if I have no experience with mindfulness or TSK?

Yes. It can actually be helpful to start with no preconceptions.

FAQ 2:

Is the retreat based on Buddhism?

Full Presence Mindfulness is all about free and open inquiry.

FAQ 3:

Is room and board included in the price?

All vegetarian meals are included in the retreat price. For non-locals the center has a limited number of beds available at no extra charge in simple, mostly shared rooms.

Full Presence Mindfulness

Dates: Monday August 21 14.00 hr-
Saturday August 26 16.00 hrs

Teacher: Jack Petranker

Language: English.

Price: € 595 including all (vegetarian) meals.
€ 495 Nyingma cursisten (students currently enrolled in Nyingma courses or e-courses)

Location: Nyingma Centrum Nederland
Reguliersgracht 25 Amsterdam,
The Netherlands
+31 20 6205207

Information and registration:

nyingmacentrum@nyingma.nl
<http://www.nyingma.nl/inschrijven-form/>

Lodging: Nyingma Centrum Nederland has a limited number of beds available in shared rooms at no extra charge.



FULL PRESENCE MINDFULNESS



7th European Time Space Knowledge retreat

with Jack Petranker
in Amsterdam

21 - 26 August 2017

NYINGMA CENTRUM NEDERLAND

Reguliersgracht 25 Amsterdam +31 20 6205207
nyingmacentrum@nyingma.nl www.nyingma.nl

FULL PRESENCE MINDFULNESS 7th international TSK summer retreat Europe

How do we inhabit space? How do we live in time? These are questions Tibetan lama Tarthang Tulku invites us to explore. He has presented a vision that transforms reality by activating time and opening space. This is the Time-Space-Knowledge Vision (TSK).

Full Presence Mindfulness offers a new way to explore the TSK Vision. It builds on the practice of mindfulness, but takes it deeper. Through simple practices such as working with the breath, activating the senses, and letting go of thoughts, it shows us how to open to a richer and more joyful life. This program introduces Full Presence Mindfulness. Learn more about FPM on www.fullpresence.org and like the facebook-page of Full Presence Mindfulness.

If you want to learn mindfulness, deepen your practice, or learn about the treasures that Tarthang Tulku's TSK Vision offers, this is the place to start. If you are interested in learning how to teach mindfulness from a TSK perspective, this retreat will be the first step in a year-long teacher training.

Daily schedule:

7.00-8.00	early morning practice (optional)
8.00-10.00	breakfast and clean-up
10.00-13.00	morning practice sessions
13.00-14.30	lunch and clean-up
14.30-15.30	private practice/workpractice
16.00-17.30	afternoon session
18.00-19.30	dinner and clean-up
19.30-21.00	evening practice session



Jack Petranker is Director of Center for Creative Inquiry and Mangalam Research Center and former Dean of the Tibetan Nyingma Institute. A student of Tarthang Tulku since 1980, he holds degrees from Stanford, Yale, and University of California, Berkeley, and is author of *When It Rains, Does Space Get Wet?*

Full Presence Mindfulness retreat topics:

Can every moment be meaningful?

How can I be more fully alive?

Who is being mindful?

How can I awaken a deeper, embodied knowing?

What's beneath all the stories I tell and the judgments I make?

How do I touch my own real integrity?



Meditation Room NCN Amsterdam

