



## Program Amsterdam March 13 - 26

During the month of March, the Nyingma Centers in Cologne and Amsterdam will have the honor of hosting Tibetan lama Khenpo Kunga Dakpa.

His visit serves the purpose of leading various activities such as classes, workshops, and retreats, allowing him to engage with our students and familiarize himself with our Centers.

Having received instruction in the English language at the Sarnath International Nyingma Institute in India, the Khenpo will present all classes in English. Dutch translation will be provided as needed.

This cultural exchange offers a unique opportunity for you to benefit from the wisdom and insights of this esteemed lama.

The presence of Khenpo Kunga Dakpa promises to enrich the spiritual communities in Cologne and Amsterdam. Fostering a deeper understanding of Tibetan Buddhism and building Bridges of Goodness.....

You are very welcome to join one, several, or all programs.



The transience of the things you  
most cherish can inspire you  
to search for something  
that cannot be taken from you.

Tarthang Tulku - Hidden Mind of Freedom



Scan here for more information  
on our website



Reguliersgracht 25 Amsterdam  
www.nyingma.nl  
nyingmacentrum@nyingma.nl



Nyingma Centrum Nederland

March 2024

## Bridges of Goodness

*Special Dharma program  
in cooperation with  
Sarnath International  
Nyingma Institute*



**With Khenpo Kunga Dakpa**



**Khenpo Kunga Dakpa**



**One Month Meditation Intensive**  
**Meditation for Daily Life *live/online***

Feb 29 – March 26

Mon-Fri daily 7am-8am

Q &A every Friday 8.30 – 9.30 am



**Opening Meeting *live/online***

***On Human Education***

March 13, 16.30 – 17.30 h

**Sangha meal *live***

18.00-19.00 h



**Weekend Retreat *live/online***

**The Four Noble Truths  
of the Buddha**

Friday March 15, 19.00 h till

Sunday March 17, 16.00 h CET



**Weekend Retreat *live/online***

**The Heart Sutra  
Transcendent Wisdom**

Friday March 22, 19.00 h till

Sunday March 24, 16.00 h CET



**Full Moon Chant for World Peace  
*live/online***

March 25, 20.30 – 21.30 h



**Workshop *live/online***  
**Transitions of Aging and Dying**

March 26, 10.00 – 13.00 h



**Walk-in classes *live***

- **Dependent Origination**  
March 13 and 20, 19.30-21.00 h
- **The Four Seals**  
March 15, 14.30-16.00 h
- **Wheel of Life – The Six Realms**  
March 18, 19.00-20.30 h
- **Transforming Stress**  
March 19, 19.00-20.30
- **The Four Immeasurables**  
March 22, 14.30-16.00 h



**Meeting *The Meaning of Sangha*  
& Dedication Ceremony *live/online***

March 26, 16.30-18.00 h

**Sangha meal *live***  
18.00-19.00 h