



program 2009

"To meditate on such a place for one day is like meditating for one week in a big town."

Sherab Gyaltzen Rinpoche



Buddhist retreat place Mangutovo

is located in a remote settlement, which belongs to Hrinova town. It lies in about 800 meters above sea level overlooking bright valleys of middle Slovakia with beautiful view on majestic Polana hill and ranges of surrounding mountains including famous Tatras. The purpose of this place is to provide suitable conditions for a meditation without distractions, which one can not avoid in cities. It is a meeting point of all the Slovak sangha as well as an international sangha during courses with lamas or travelling teachers. In order to make all this possible, a lot of effort and work is still required.

Program for 2009

• 22/7 Public Lecture by Lama Ole Nydahl in Banská Bystrica

On his first historical visit to Banská Bystrica, Lama Ole will have the opportunity to share Buddha's teachings with the city inhabitants and friends from the neighbouring cities and countries.

• 23-26/7 The Great seal - course with Lama Ole

Lama Ole Nydahl will be giving explanations on an old and important buddhist text about the nature of mind. „The Great seal“ describes the path and the goal of Diamond Way buddhism and provides a deep insight into the relative and absolute level of our world.

More information about the program, prices and registration can be found on <http://course.mangutovo.sk>

• 19-28/6 Mango Challenge 2009

Last year's work retreat made our friendly bonds even stronger during our collective effort in reconstructing the house. This year the opportunity to gain more good karma and create the conditions for others is here again. There will be 10 days of hard working in an experienced team, the famous cuisine lead by our dakinis, meditations and lots of fun! This challenge is for experienced hard-workers and tough men as well as for novices and soft ladies. Let us know whether we can count you in!

• 11-15/9 The Prostration marathon

In the late summer on Mangutovo one can focus on the first of the Ngondro practices – taking the refuge and developing the enlightened attitude. The first such event on Mangutovo will give the opportunity to support our practise and weaken the forts of our ego.

• 2-4/10 MMC – Mangútovo Meditation Course 2009

The third annual Mangutovo Meditation Course – MMC. Three travelling teachers from different countries, lectures, meditations, party.

• 26/12-3/1 New Year Course

A meditation retreat on Mangutovo, 4 meditation sessions during the day, lectures by the local travelling teachers. We will have a party and also will celebrate the New Year's Eve.

It is possible to visit Mangutovo outside these events. We usually work during weekends. If you would like to come, please contact us via email in advance.



How to get here

You will get to Mangutovo from a small town Hrinova, which is located close to towns Krivan and Detva. The nearest big town is called Zvolen. You can get to Hrinova by car or by bus. Once you are in Hrinova, please ask for a part of the town called „SLANEC“. In SLANEC, you will find a road to Mangutovo. The road is partly made from asphalt, later it changes into a rural road. At the place where this rural road divides in two, please turn right through a bridge made of concrete. Then the rural road continues as a 3km traverse to the top of the hill, where the retreat center Mangutovo is located. Detailed photo-navigation at www.mangutovo.sk

Accommodation

It is possible to sleep in a future gompas, where we plan to finish the floor and heating until the end of the year. You can also sleep in one of the rooms on the first floor. During summer, most of the people prefer to sleep in the barn or in a camp behind the house.

Food

During events listed in this leaflet, food will be provided from Hrinova. During working weekends meals will be prepared by our wonderful girls.

Registration

Since we need to order food from Hrinova, a registration for

events listed in this leaflet is needed. Please send an email to mangutovo@buddhismus.sk and let us know how many of you plan to come. It is possible to cancel your registration one day before the event. There is a special registration form for working course with Lama Ole Nydahl and MMC course.

Prices

Prices are set up in order to cover the costs. **Breakfast:** 2 €, **lunch:** 3 €, **dinner:** 3 €. **Sleeping:** 4 € (you do NOT pay for sleeping if you're on a working weekend, or if you donate to Mangutovo project at least 15 € monthly).

Contact

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www.mangutovo.sk



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- 23-26/7 **The Great seal - course with Lama Ole**
- 19-28/6 Mango Challenge 2009
- 2-4/10 MMC - Mangutovo-Meditation Course 2009
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