



# Mangútovo

program 2008

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

Sherab Gyaltsen Rinpoche



Hannah Nydahl and Lama Ole Nydahl



## Buddhist retreat center 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 2008:

### • 1-2/3 Working weekend with Radek Ruzicka (CZ)

Let's say „good bye“ to Winter and welcome Spring having our sleeves rolled up. Evening lecture with Q&A will not be missing.

### • 1-11/5 Mango challenge with Matthias Sommerauer

We announce MANGO CHALLENGE 08! 10 days of hard work in a well functioning team, lots of joy, delicious meals prepared by our dakinis, meditations and parties. During the first weekend, travelling teacher Matthias Sommerauer from Switzerland will visit us and will give lectures on selected topics. This challenge is for experienced or not experienced hard workers, wild men and sweet ladies. Please let us know if we can count on you!

### • 23-25/5 International SK-CZ-AT-HU sangha weekend

Pilot project of Bratislava, Vienna and Brno sangha, which inspired also friends from Budapest. You will have a chance to meet travelling teacher Denes Andras from Hungary, Wolfgang

Poier from Austria and Veronika Cerna from Czech republic, who will give lectures and introduction to dharma practice. International aspect of this event promises a lot of joy, growth and new friendships.

### • 23-25/7 Working course with Lama Ole Nydahl

After 2 years, we will have again a rare opportunity to spend time with Lama Ole working shoulder to shoulder in Mangutovo. It happens not very often and only in few places, that you can roll up your sleeves together with lama. Lectures are scheduled for evenings and there will be also time for Q&A. All of you are very welcome!

Find more information at: <http://course.mangutovo.sk>

### • 10-12/10 MMC - Mangutovo Meditation Course

Mangutovo Meditation Course will take place for the second time. MMC became a sangha course with an international participation. You will enjoy 3 travelling teachers, many lectures, meditation sessions and a party with an auction for Mangutovo project.

### • 15-17/11 Medicine Buddha course

Four days Medicine Buddha course with German travelling teacher Anna Bach will take place in Mangutovo for the first time in its history.

### • 29-30/11 Five Buddha families

Long autumn evenings are ideal for complex teachings on five Buddha families by Austrian travelling teacher Jakob Sintschnig, one of the first students of Lama Ole Nydahl.



### • 31/12 - 4/1 New Year course

A traditional New Year course in Mangutovo. Lectures with a travelling teacher, meditations and of course a wild New Year party included!

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](http://www.mangutovo.sk)**

## Accommodation

It is possible to sleep in a future gompa, where we plan to finish a floor and a heating until the end of 2008. You can also sleep in one of rooms on a first floor. During summer, most of the people stay in a 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@buddhizmus.sk](mailto:mangutovo@buddhizmus.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 costs. Breakfast: 1EUR, lunch: 3EUR, dinner: 3EUR. Sleeping: 4EUR (you do NOT pay for sleeping if it is a working weekend, or if you donate Mangutovo project more than 7EUR monthly).

## Kontakt

+421 908 221 613, +421 949 206 122  
[Mangutovo@diamondway-center.org](mailto:Mangutovo@diamondway-center.org)

[www.mangutovo.sk](http://www.mangutovo.sk)

## MANGUTOVO 2008:

- 23-25/5 International SK-CZ-AT-HU sangha weekend
- 23-25/7 Working course with Lama Ole Nydahl
- 10-12/10 MMC – Mangutovo Meditation Course
- 15-17/11 Medicine Buddha course
- 31/12-4/1 New Year course