



the bamboo retreat

...a truly himalayan boutique-hotel with panorama restaurant

Meditation Class



Enjoy an introduction to Buddhism and Meditation by a qualified instructor, teacher, lama or nun. The workshop includes an introduction to Buddhism and Meditation and takes place in Bamboo Retreat's traditional prayer room. Questions are welcomed.

Duration: 2 hrs in our traditional prayer room

Instructor: Lama Renchin Geyla, Acharya (MA) / LA in Buddhist Philosophy, Benares. He practiced at Rumtek Monastery for 3 years and at Phodong Monastery, Sikkim for one year and has been teaching Buddhism at Pakyong School since 2009. If Lama Renchin is not available another qualified instructor (teacher, lama or nun) will conduct the workshop.

Registration: This class can be organized depending on availability of instructor. To make an appointment please consult our receptionist or manager.

THE BAMBOO RETREAT, SAJONG, RUMTEK / GANGTOK

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