



# Milarepa Center

*a Tibetan Buddhist retreat center*



**Sept. 27 – 29 , 2019**

**Registration Options:**

***Co-ed Dormitory—\$150***

***Private Cabin—\$200***

***Offsite—\$100***

**To register: 802-633-4136 or  
[milarepa@milarepacenter.org](mailto:milarepa@milarepacenter.org)**

## **Kopan East: A Practical & Experiential Approach to Lasting Happiness**

Have you been curious about Buddhist practice, but don't know where to begin? Have you attended Buddhist teachings, but don't know how to meditate on the subjects you've studied? Enjoy this comprehensive overview of the entire Buddhist path according to the Tibetan tradition and unlock the keys to creating more peace in your mind.

This weekend retreat will not only provide you with a clear roadmap of how to create healthier mental patterns and overcome negative mind states, but will also provide you with the tools necessary to undertake that journey. Based on the "Stages of the Path" (lamrim) of Tibetan Buddhism, this retreat includes lectures, guided meditations, discussion periods, and experiential homework assignments.

Beginners are welcome and encouraged, as well as more advanced students wanting to review the stages of the path in an experiential format. If Nepal is too far and too expensive for you to visit, join this unique retreat modeled after Kopan Monastery's month-long November course.

***\*Formal refuge vows (optional) will be offered at the conclusion of the retreat!***

**[www.milarepacenter.org](http://www.milarepacenter.org) or 802-633-4136**