Brightening Your Inner Clarity

A mindfulness meditation and yoga retreat

in Lawudo, Nepal

with Ven Khadro & Annie McGhee

October 2019

Includes guided pilgrimage, 7 day retreat and Kathmandu Buddhist visits

Lawudo Gompa and Retreat Centre is situated in the Himalayan mountains of eastern Nepal. Discovered by the Lawudo Lama, Lama Zopa Rinpoche's previous reincarnation, Lawudo is known as the Cave of Blissful Attainments and became Lama Zopa Rinpoche's family home.

This is an independent trek, affordable and free from agency charges.

For more information contact: frangipannie1@gmail.com & visit: www.lawudo.com