

Easter Holiday Chöd Retreat at Namgyalgar South

Date : April 13, 2015



Easter Chöd Retreat with Angie Gilbert at Namgyalgar North, NSW, Australia

Twenty- five practitioners met at Namgyalgar South over the Easter holiday for a Chöd retreat with Santi Maha Sangha teacher Angie Gilbert. Angie has been leading Chöd retreats since the first teacher trainings in Margarita Island. Her down to earth approach and extensive knowledge brought the practice to life once again. Namgyalgar South was looking fresh and green after generous rains and sunny days. An upgraded road and other improvements are the legacy of the bequest left by Jean Macintosh after she passed away some years ago. The highlight was a moonlight practice on the saddle just near Jean's memorial seat the night after the blood moon eclipse (too cloudy and rainy on the full moon night). The co-op kitchen came up with fabulous

meals and there was even time for cliff walking and beach going. Angie skillfully took us deep into the essence of this marvelous practice also teaching the essential five 'phat' practice, especially good for those who had to reluctantly rush back to their city jobs. The next retreat at Namgyalgar South will be our annual karma yoga weekend in June.