

Saturday September 7th, 2024

RIGPA AMSTERDAM

Khandro Thrinlay Chodron **Glimpses of Mahamudra**



Khandro Thrinlay Chodron was born in Lahoul, in the Indian Himalayas. Her great-grandfather was the famed Drukpa yogi, Togden Shakya Shri. Her father Apho Rinpoche (1922-1974) was responsible for reviving the Drukpa lineage in Lahaul, Ladakh, Zaskar, Pangay and Manali, where he established several retreat centres. He was one of the first spiritual masters who gave teachings to Western students. Khandro's mother, Sangyum Ugyen Chodon (1931-1985), was also an accomplished yogini, who first sowed the seed of her daughter's passion for spiritual practice. As a child, Khandro received spiritual training from the late Gegen Khyentse, a master of the Six Yogas of Naropa and Mahamudra, from whom she received all the empowerments and transmissions of the Drukpa Lineage. She also studied Dzogchen with Kyabje Dilgo Khyentse Rinpoche (1910-1991) and practised in solitary retreat under the guidance of Sengdrak Rinpoche (1947-

2005) in the mountains of Nepal at his Bhakang retreat center. Khandro Rinpoche earned her Bachelor's degree in India and Master's degree In East-West Psychology from the California Institute of Integral Studies, USA. Since the death of her husband, Shabdrung Rinpoche of Bhutan in 2003, she has been teaching in the West and focuses on integrating spirituality into daily living. She is visiting Amsterdam for a few days during her teaching tour through Europe and will give a talk at the Rigpa Center on September 7th. Her life-story and activities can be found in great detail on her website www.khachodling.org

Saturday September 7th, 14.00-18.00, with a short break
Rigpa Amsterdam, Kuipersstraat 148, 1073 SG Amsterdam

Entrance fee 25,- by cash payment at the door

Registration and info: anijinpa@gmail.com