

An outline of qualifications for entering your retreat

In the [Information Document](#) for the 2026 three-year retreat at Gomde Pyrenees the requirements for the participant are outlined as following:

“This three-year retreat follows the practices from Chokling Tersar lineage and is under the guidance of Chökyi Nyima Rinpoche and led by Drupön Lama Tenzin Sangpo. It is a traditional three-year retreat, focusing primarily on *sadhana* practice.

To be able to successfully participate in this retreat you need to have:

- strong interest in the Chokling Tersar lineage;
- devotion to and complete willingness to be guided by Chökyi Nyima Rinpoche;
- a wish to take part in a retreat where, for most of the three years, you will be engaging in *ngöndro* and *sadhana* practices;
- a firm commitment to follow the retreat schedule and practices until the end of the retreat.

For requirements, it is highly beneficial to have previously done other retreats of at least three-month duration and to be familiar with principles of *ngöndro* and *sadhana* practice. It is especially important that one has a strong connection with Chökyi Nyima Rinpoche, with our retreat master, Drupön Lama Tenzin Sangpo, and with the Chokling Tersar lineage. We will all be practicing together in this lineage for the duration of the retreat, so it's very important that we all feel a strong connection to the practices, teachers, and our vajra siblings.

If you have not done a longer retreat before, Chökyi Nyima Rinpoche often suggests coming and doing the three-month retreat at Gomde Pyrénées first.”

In case you have any questions regarding this, please feel free to contact me by e-mail (three_year_retreat@gomde.fr) or Whatsapp/phone +3725531133.

With all best wishes,

Mikk Tamme



Retreat Administrator

Treasurer, Member of Board

Rangjung Yeshe Gomde Pyrénées

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