

20th of July 2025

## Letter on Retreat Costs

Dear Tsadra Foundation,

First of all we would like to express our deepest gratitude to Tsadra Foundation for helping many people Study and Practice Dharma deeply. The support for retreatants at Gomde Pyrénées and in many other centres is deeply moving and immensely beneficial. Thank you.

For our three-year retreat starting at Gomde Pyrénées in June 2026 we do our best to keep the retreat as affordable as possible. Due to an increase in costs like electricity, food, transport for shopping, etc. we have budgeted the cost of the next retreat to be 750 Euros a month. This includes a single room for practice, food mostly cooked by helpers, the support of the helpers and retreat organization, as well as the teachings. After calculating several times, we hope that the cost of 750 Euros a month will be able to cover the costs of running the retreat well.

The full cost of the 43 months (together with the three-month pre-retreat) is therefore 32,250 Euros.

In addition to the retreat cost, shrine items for the various practices will need to be purchased (tormas, etc.). Depending on what items the participants already have, it will cost roughly an additional 2000 Euros. At the beginning of the first retreat we organized an order of ritual items from Nepal for the whole group. We also plan to do this before the second retreat.

Personal hygiene items, insurance, visas, travel to the center and any travel required for visa renewals and any other costs will be extra.

In case you have any questions regarding this, please feel free to contact me by e-mail ([three\\_year\\_retreat@gomde.fr](mailto: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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