

Retreat Details for Lars

Inbox x



Three Year Retreat Drubdra <drubdra@vajrayana... Apr 13, 2023, 8:58 PM



to me ▾

Hi dear Lars,

Thank you very much for your patience. I deeply apologize for not being more available.

I wanted to get in touch with the dates and costs and then we can make time to touch base.

Before retreat starts there are 3 months of pre-retreat. Pre-retreat will start after Losar in 2024. (@ Feb 10)

The actual Three Year Retreat will start May - June 2024.

The cost per month will be \$1,600. This means 3 months of pre-retreat and 39 months of actual retreat.

Re potential sponsorship – Tsadra Foundation, who have been incredibly generous, will not sponsor pre-retreat, but could partially sponsor three-year retreat, if they deem you eligible. For 2024 it is necessary to apply in 2023. The highest amount they will sponsor is \$1000 a month. It is not guaranteed that you would get this but it is worth a try, worth applying!. Check out Tsadra Foundation's Contemplative Scholarship [LINK](#) -

With love, **Jaffa**



Three Year Retreat Druddra

to me ▾

Tue, Jul 18, 8:42 PM (2 days ago)



Hello Lars

This is a very quick email regarding some costs and some details.

In addition to the pre-retreat and the retreat (Tsadra will only partially cover the actual retreat, not the pre-retreat) -

There is a "damage" deposit cost - which you will receive back at the end of your retreat. It was \$1,500 but I am not sure what it will be this retreat.

Food, tuition, accommodation, utilities, physical shrine, some ritual support, tsok, some toiletries, office supplies etc are included in the cost of retreat.

For this current retreat we asked people to contribute a lump sum (1K) to cover ritual specifics that are an additional cost- this goes towards the yogic attire for anu yoga/ tormas/ long life arrow/ shrine photos, etc.. Anything not spent will get returned. I can't say for sure what will happen this retreat, as we are floating ideas of covering some things but haven't come to a conclusion yet. This is therefore amorphous right now but gives you a sort of idea.

There is a list that we have of things to purchase before coming to retreat. Drupon is out of town now till end of July but when he comes back we will go through that seriously.

This includes the metal men and rakta containers for the shrine and one for your puja bench, a phurba, a bumpa vase and sprinkler

It also includes a bed ... we are in the process of deciding if we can provide a bed and mattress but this conversation has not reached a resolution. Supplements etc

I hope this gives a very brief but more completish overview

Health Insurance

The other thing is - if you don't have an income or are low income and living in California it is possible to get medical which is cost free.

Try to get your health in good order, your teeth in good order before retreat begins.

Thank you for your patience Lars

I wish you well in your application

Love, Jaffa

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