



藏傳佛教噶舉派  
Tsadra Foundation

Monsieur le Directeur des programmes  
Tsadra Foundation  
PO Box 20192  
NEW YORK NY 10014  
USA

St Léon sur Vézère, le 30 juillet 2015

Dear Friend,

Nayeli ANGUERIN is applying for the next 3-year retreat under Pema Wangyal Rinpoche's guidance at the Centre d'Etudes de Chanteloube.

In order to apply for an Advanced Contemplative Scholarship from the Tsadra Foundation, Nayeli ANGUERIN has requested from the Retreat Administrator a letter outlining budget and costs, and also with a description of Retreat Center, and eligibility requirements.

#### Description of the Retreat Centre

The Centre d'Etudes de Chanteloube is an association of Buddhist practitioners created in 1980 primarily with a view to organising short and long retreats. It was established under the guidance of three great Tibetan masters: Kyabje Dudjom Rinpoche, Kyabje Dilgo Khyentse Rinpoche and Kyabje Kangyur Rinpoche, but has since received visits from many lamas and students belonging to different lineages and schools.

Since 1980, following the wishes of its founders, and in response to the many requests of students, the Centre d'Etudes de Chanteloube has organised numerous short and long retreats.

The long retreats (approximately three years and six months) aim to create a protective environment in which students can devote themselves intensively to the essential aspects of Buddhist practice, namely, study, reflection and meditation, expounded according to the teachings of various traditions, but particularly the Nyingma tradition. This entails the preliminaries or *ngöndro*, followed by the generation stage practices of the three roots (lama, yidam and kandro), and concluding with practices associated with the perfection stage.

#### Budget and costs

Before starting, the Centre d'Etudes de Chanteloube are requesting applicants to be quite certain that they have enough money to cover the entire period of the retreat. In practical terms, this means that they will need to have a minimum of 380 € a month for about 43 months (three and a half years). This

**A.C.E.C.**

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covers food, lodging, basic heating costs and various items needed by the group as a whole (cleaning materials, washing powder etc.). This sum is no more than the minimum needed to subsidise life in retreat. It includes no more than a small contribution to the administrative costs of the centre, but not to the expenses implied in the invitation and reception of the lamas, the cost of which is covered by another budget.

They will also need to provide for various other expenses according their personal needs. These will be specifically connected either with the practice (e.g. rice and saffron for the mandala offering, oil for lamps, tsok offerings and offerings to the lamas who come to teach in the retreat (the latter only if they have the means), or with the studies (stationary, audio equipment, photocopies etc.) Then of course there will be various items of an entirely personal nature (toiletries etc.). It is naturally very difficult for the Centre d'Etudes de Cahnteloube to give an estimate of these expenses, which vary from one person to another. But as a bare indication, we would suggest an average of between 20 and 30 € a month.

Immigration regulations state that it is imperative that foreigners have proper medical coverage. If the law of their country does not allow them to have a medical coverage that will be valid in France throughout the period of their retreat, they will have to subscribe to a private insurance scheme in France. The relevant costs, which are unfortunately quite high (between 50 and 100 euros a month depending on the degree of coverage), will have to be added to the overall retreat budget.

#### Eligibility requirements

If their teacher is neither Pema Wangyal Rinpoche, Jigme Khyentse Rinpoche nor Rangdrol Rinpoche, all applicants are requested to obtain a letter of permission from their own spiritual master, authorising them to take part in the retreat.

It is almost certain that, before joining the retreat, Pema Wangyal Rinpoche will ask candidates to perform certain practices intended to prepare the smooth running of the retreat. This constitutes an absolute condition for taking part in the retreat.

All applications must receive the personal approval of Pema Wangyal Rinpoche, and the Centre d'Etudes de Chanteloube reserves the right to refuse any application, without being obliged to justify its decision.

A handwritten signature in black ink, appearing to read "Etienne HOREAU". The signature is fluid and cursive, with a distinct "H" and "E" at the beginning.

Pour l'Association,  
Le Secrétaire Général,  
Etienne HOREAU