

16 September 2025

Letter of Recommendation

Dear Tsadra Foundation,

In June 2026, the second group of dedicated Dharma practitioners will begin the three-year retreat at Rangjung Yeshe Gomde Pyrénées. I am very pleased that Aurore Hannon — currently participating in the first three-year retreat — wishes to deepen her practice by joining the upcoming cycle.

I recommended Aurore for her last application and I am very glad to do it again. Chökyi Nyima Rinpoche was very pleased when Aurore requested to attend the next retreat. I am confident that doing so will enable this young woman to deepen her understanding and experience of the practice. Benefitting not only herself, but also others, as we need to encourage the younger generations in their aspiration to practice and study the Dharma.

Aurore has been very dedicated during this current retreat. She learned the rituals and practices with heartfelt devotion. She understands the theory well and does her best to bring it into life with an authentic and sincere personal practice. She is a very good chöpon and tormas-maker, and is always clear and patient if she has to explain something to another retreatant. She gained in flexibility and gentleness, opening more and more with the time to those around her. I saw her becoming more aware and mindful, more kind, more mature with the time.

Aurore has a genuine motivation to practice Dharma deeply. I rejoice in this and hope she will have all the causes and conditions to be able to participate in the next three-year retreat starting in June 2026.

Should you require further information, please feel free to contact our Retreat Administrator and Gomde Pyrénées Board Member, Mikk Tamme, at mikk@gomde.fr. He can assist in relaying any questions to me. You may also reach me directly at lamatenzinsangpo@gmail.com — but to ensure your message is received, I kindly ask that you also copy Mikk.

With all best wishes,



Lama Tenzin Sangpo

Resident Teacher and Retreat Master

Rangjung Yeshe Gomde Pyrénées

Identité bancaire/ Bank Account:

CCM Perpignan Catalogne, 7 Cours Lazare Escarguel, 66000 Perpignan, France
IBAN: FR7610278089980002053710115 BIC/SWIFT: CMCIFR2A