

France 2025

INTERNATIONAL MAHAMUDRA SEMINAR
BOKAR VAJRADHARA

Exceptional seminar
with Bokar Rinpoche and Khenpo Dönyö Rinpoche



Khenpo Rinpoche conducted a memorable seminar in France in 2013. Twelve years later, he gives us the great joy of coming back for a new dharma feast. This time, he will be accompanied by the young Bokar Rinpoche. The two Rinpoches will impart teachings and empowerments according to the tradition of the seminars.

We hope many of you will be able to attend this marvellous event.

What a seminar brings

This seminar follows the tradition of mahamudra, the ‘great union’, that is to say the path of deep meditation which takes us gradually to the discovery of our true being, beyond the confusion in which we live. The purpose of the seminar is to provide us with a precise basis of understanding and practice that we will integrate into our daily life.

The training, for those willing to pursue it, is done on several years. In order to get familiar with the method specific to the seminar, people attending for the first time will necessarily register in level 1.

The teachings will be given in Tibetan, with translations into French, Spanish and English if necessary. Khenpo Rinpoche may possibly ask some Western lamas trained by Bokar Rinpoche to teach some of the sessions.

Dates

From Wednesday, **April 23rd** 2025 at 6 a.m. (arrival the day before) to Friday, **May 2nd** at 7 a.m.

Location, access and lodging

• **Location** : L'Alpe d'Huez (Isère, France), well-known ski resort and iconic cycling venue on the Tour de France. Room, board and teachings at MMV Les Bergers Hotel (www.mmv.fr/hotel-club-ski-alpe-dhuez-les-bergers), privatized for the occasion. Note the elevation of the place : 1800m ; bring warm clothes. Apart from our hotel, most of the ski-resort shops will be closed. The nearest supermarket is in Bourg d'Oisans (14 km).

• **How to get there** : no problem by car.

Airports : Lyon or Grenoble. (Shuttle service between Lyon Airport and Grenoble bus station is available on a regular basis.) The nearest **train station** is Grenoble ; from there, you can get a **bus** to Bourg d'Oisans (<https://www.bourgdoisans.com/preparer/venir-a-bourg-doisans/>).

From Bourg d'Oisans to l'Alpe d'Huez : there are fewer buses when the ski season is over, however there is a bus line operating yearly (line T76 - see the above link) and two bus timings could be helpful (departing Bourg d'Oisans at 5 p.m. or 7 p.m. and arriving at l'Alpe d'Huez about half an hour later). This will of course have to be **checked** in due time. If not, taxis are available.

• **Lodging and food** : the meals will be vegetarian, with a large variety of food to suit all tastes and diets. The hotel provides towels but not beach towels, so bring your own if you want to go to the swimming pool. The rooms are cleaned every three days, with a change of towels. Restaurant crockery should not be taken into the rooms.

Attending the seminar is not possible if you are not staying in this hotel.

Arrival and departure

As the seminar begins at 6 a.m. on Wednesday, you will have to **arrive on Tuesday afternoon** (participants' check-in : from 4 p.m. to 11 p.m.). In case this would not be possible, please let us know and check-in will be available on Wednesday morning. All the rooms will have to be vacated on Friday, May 2 by 9 a.m.

It will not be possible to arrive at the hotel before the seminar or to stay afterward.

Seminar and hotel cost

Your financial contribution is twofold : the seminar fee and the hotel cost.

• **Special seminar fee.** This covers the travel expense (Mirik-Delhi-Paris-Grenoble return fares) + lodging in Delhi, Paris and l'Alpe d'Huez (all this for at least six people travelling from India) + offerings + various other expenses. We have three options for this fee, the highest one (calling on your generosity) allowing to keep the first one quite accessible :

- turquoise** option : 275 €
- emerald** option : 500 €
- diamond** option : 1000 € or more

Any profits from the seminar fees will be given as offering to Bokar Rinpoche and Khenpo Rinpoche's monastery in India (Mirik).

• **Lodging and food.** Double room (490 € for each person) ; single room (700 € - limited number)

For a double room, you have to know who you want to share with. The price covers full board and lodging for nine days and it is **global**, which means that you can't get a discount if, for personal reasons, you have to postpone your arrival or leave earlier.

The seminar fee and the hotel will have to be paid simultaneously at the time of registration.

Registration and cancellation

• Registration will **begin** at the end of September 2024 (registration form on www.clairelumiere.com) and **close** on April 1, 2025 at the latest.

• **Numbers** are limited so registration is on a first come basis.

• **Payment** : both the seminar fee and the hotel have to be paid at the time of registration. Registrations without payment will not be valid.

• **Registration form** : please, fill in your registration form precisely (one form per person even if you are a couple).
To be sent to : seminaire@clairelumiere.com

- **Cancellation** : In case you cancel your participation, you will be reimbursed as follows :
 - 90% of the amount you paid if you cancel at least 60 days before the seminar,
 - 60% of the amount you paid if you cancel at least 40 days before the seminar,
 - 20% if you cancel at least 20 days before the seminar,
 - no refund if you cancel less than 20 days before the seminar.

Any questions ?

Claude-Marie : +33 606589582 - claudemarie.bonniot@gmail.com