



Tummo Part 4 Summer Retreats

At Serenity Ridge June 22-July 6 and in Poland August 13-18



Both the summer retreat at Serenity Ridge, June 22-July 2, and the summer retreat at Chamma Ling Poland, August 13-18, will focus on the culmination of a four-year cycle of Tummo teachings with Tenzin Wangyal Rinpoche. These retreats will be in-person only and will not be available on Zoom.

The retreats are open only to students who have attended the Tummo Part 3 teachings in 2023 at Serenity Ridge or Chamma Ling Poland, or Geshe Gyatso's preparatory Tummo practice retreat in 2024.

Tummo refers to inner heat, and its teachings are designed to burn away subtle obscurations and cultivate bliss. Rinpoche will teaching from the text *Ku Sum Rang Shar* (Spontaneous Arising of the Three Kayas), written by Shardza Tashi Gyaltsen Rinpoche, a Bon master who attained the body of light (rainbow body) in 1934.

More information and registration coming soon! See [Ligmincha's website](#) .