



## A Letter From Alejandro Chaoul

### News About November's Tibetan Yoga Retreat

*The next Tibetan Yoga retreat (Part 2) will take place from Nov. 3 through 7, 2010, at Ligmincha Institute's Serenity Ridge Retreat Center in Nelson County, Va. Prerequisite: This retreat is open to students who have received the Part 1 teachings of Trul Khor (Zhang Zhung Nyen Gyu) since Jan. 1, 2000. Instructor Alejandro Chaoul shares an update below.*

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Dear trul khor practitioners,

I hope this letter finds you well and that your practice is developing and bringing benefits in your life. Some of you may have already learned Part 1, and others may have taken higher-level *trul khor* classes and maybe, if you have not kept up with it, your practice is a little rusty.



Here is an opportunity to keep the magical wheel spinning!

I have been talking with Tenzin Wangyal Rinpoche, as well as other *trul khor* instructors, and we have decided to make some changes in the program that we believe will simplify it and help you go deeper into your practice.

All who have received the Part 1 teachings of *trul khor* (Zhang Zhung Nyen Gyu) since Jan. 1, 2000, are invited to participate!

For the first time we will be presenting a program that will include both the *Zhang Zhung Nyan Gyud Trul Khor* sets  
1, 2 and 6 together with the  
*A-Tri Trul Khor*  
set of 16 movements that have been taught in recent years at Serenity Ridge. I believe this will be an important modification, as it presents the  
*trul khor*  
movements in a way that is less complicated and more supportive in helping you to maintain  
*trul khor*  
as an ongoing practice.

Upon completing this Part 2 program, you could be eligible to continue your *trul khor* training and deepen your practice. In time we will be offering this new training and continue teaching this revised open program in two parts not only at Serenity Ridge, but also in Europe, Mexico, and other Latin American countries, where there will be opportunities to create and join practice groups based on this new  
*trul khor*  
presentation.

Please feel free to [email me directly](#) if you have any questions. I look forward to hearing from you soon and learning how you are doing, how your practice is going, if you are planning to attend in November, and of any questions you may have. As you know, you can register directly through our Web site [www.ligmincha.org](http://www.ligmincha.org) , by emailing [Li gmincha@aol.com](mailto:Ligmincha@aol.com)  
[gmincha@aol.com](mailto:gmincha@aol.com)  
, or by phone: (434) 263-6304.

With many *tashi deleks* and warm regards,

Alejandro Chaoul

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