



ABOUT NAMCHAK'S RETREATS & PROGRAMS

Namchak Retreats

Namchak Retreat Ranch programs are designed to bring greater happiness and meaning to life through meditation, community, and retreat. Namchak hosts a range of retreat types, depending on student level and practice experience. All Namchak teachers seek to create a warm and welcoming space for Vajrayana practices. During a retreat, students can expect a mixture of teachings, reflection, journaling, application of the teachings in meditation, and time for questions.

Namchak retreats such as the *Four Immeasurables Retreat* or *Calm Abiding (Shamata) Retreat* are ideal for beginners. Students interested in immersing themselves in Buddhism can join the Walking the Path or Ancient Wisdom Engaged programs.

Most of Namchak's retreats are conducted in a hybrid model, with an option to join in-person or online. Retreats are hosted in several locations, including San Francisco, New York City, and at the Namchak Retreat Ranch in Hot Springs, Montana. To learn more about Namchak's retreat program or to find upcoming events, visit <https://www.namchak.org/>

Meditation eCourses

Namchak also offers a series of meditation eCourses designed to help new and intermediate meditation students learn more about mindfulness, Tibetan Buddhist concepts, and foundational practices. Each eCourse is free, self-paced, and includes reflection questions and practices for embodying the teachings. Throughout an eCourse, students will become more familiar with foundational concepts of Vajrayana, as well as the teacher's particular style and framework of teaching.

Namchak's online courses offer curated guided meditations from Lama Tsomo and ancient Vajrayana teachings, in addition to sharing inspiring anecdotes and recordings of meditations from Namchak's in-person retreats. Namchak's meditation eCourses are designed to help deepen learning and cultivate spaciousness and joy. To learn more, [try an eCourse today!](#)