



ABOUT THE NAMCHAK FOUNDATION

The Namchak Foundation is a 501(c)3 nonprofit organization dedicated to sharing one of the oldest forms of Tibetan Buddhist practice and making the teachings newly accessible to Westerners.

The Namchak Foundation supports learning and educational programs for students on every step of their meditation path, from those exploring meditation for the first time to more experienced students. Tibetan scholars and Western teachers lead the Foundation's programs. These include in-person teachings, bi-coastal retreats, e-courses, and residential retreats at the Namchak Retreat Ranch in Hot Springs, Montana.

To learn more about the Namchak Foundation, visit <https://www.namchak.org/>

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