Namchak

Tibetan Buddhist Practice & Retreat

Start Where You Are

COURSES, RETREATS, & PROGRAMS

2026 CATALOG

Tashi Delek!
Greetings and Well Wishes!



At Namchak, students are welcomed into a tapestry of authentic Tibetan Buddhist teachings, heartfelt guidance from both Western and Tibetan teachers, and a vibrant community rooted in shared practice. Whether you're joining us online or at the Namchak Retreat Ranch in Montana, you'll find programs that meet you wherever you are on the path, from your first steps in meditation to deepening, long-term practice. Take a wander through this catalog and discover the path that calls to you.

“What I'm giving you is not a religion but a set of practices that can take you through all the steps, from here to enlightenment, if you want.”

TULKU SANGAK RINPOCHE

Namchak
Retreat Ranch

At the Namchak Foundation, we share the heart of the Namchak lineage through meditation, study, retreat, and community, gently bridging the Tibetan and Western worlds. The Namchak lineage represents a branch of the unbroken stream of wisdom teachings, tracing back over 2,500 years to the historical Buddha, Buddha Shakyamuni. Through generations of dedicated practitioners, these teachings have been practiced, realized, and passed down so that you, too, can benefit from their transformative power.

Where Ancient Wisdom, Modern Life, and the Natural World Meet

The Namchak Retreat Ranch is situated in the traditional homelands of the Sélíš (Salish) and Qlispé (Kalispel) peoples. We offer our respect for their history and culture, for their ancient and continuing presence in this landscape, and for the path they have shown us in caring for this place for the generations to come.

See our full Land Acknowledgement →

Namchak's Teachers

"If I'm able to help someone a little, that feeling makes me happy from the bottom of my heart."

KHEN RINPOCHE



Gochen Tulku Sangak Rinpoche

A lineage holder of the Namchak lineage and the Spiritual Director of Namchak Retreat Ranch and Ewam International Centers worldwide.



Khen Rinpoche

A younger brother of Tulku Sangak Rinpoche, he is a revered teacher and scholar who thoroughly answers questions and infuses profound wisdom with humor and levity.



Lama Tsomo

An American lama, author, and co-founder of the Namchak Foundation and Namchak Retreat Ranch, known for her stories, humor, and real-life applications of meatditation practice.



Aaron Stern

A musician, teacher, and internationally recognized learning consultant, the president and founder of the Academy for the Love of Learning®, who plays a vital role in Namchak programming.



Justin Kirkwood

A Tibetan translator, scholar, and Buddhist educator who serves as Khen Rinpoche's primary interpreter.



Jetsunma Jamyang Yeshe Palmo

A teacher and scholar who spent nine years in rigorous monastic study, followed by nine years in closed retreat, and is the director of Turquoise Leaf Nunnery and Kusum Khandro Ling in Nepal.



Dorlop Choenyi Sangmo

A nun and an esteemed Vajra Master (Dorje Lopön) in the Namchak lineage, with rigorous training that includes two intensive three-year retreats, she embodies a deep spiritual commitment and expertise in Buddhist philosophy, ritual, and meditation.



Lama Kunzang Chönyi Zangmo (Lihi Eliaz)

A scholar and teacher who began her Buddhist practice as a young child under the guidance of Chagdud Tulku Rinpoche and enjoys supporting people from different walks of life.

Courses, Retreats, *and* Programs

From the Namchak Retreat Ranch in Montana to your living room, our offerings are curated to help you feel grounded, supported, and connected.

Whether you are taking your first steps into meditation or committing to a lifetime of study and retreat, Namchak offers a path that meets you where you are. These three pathways guide you—step by step—toward deeper understanding, greater peace of mind, and compassionate action.



Seeker's Path



Practitioner's Path

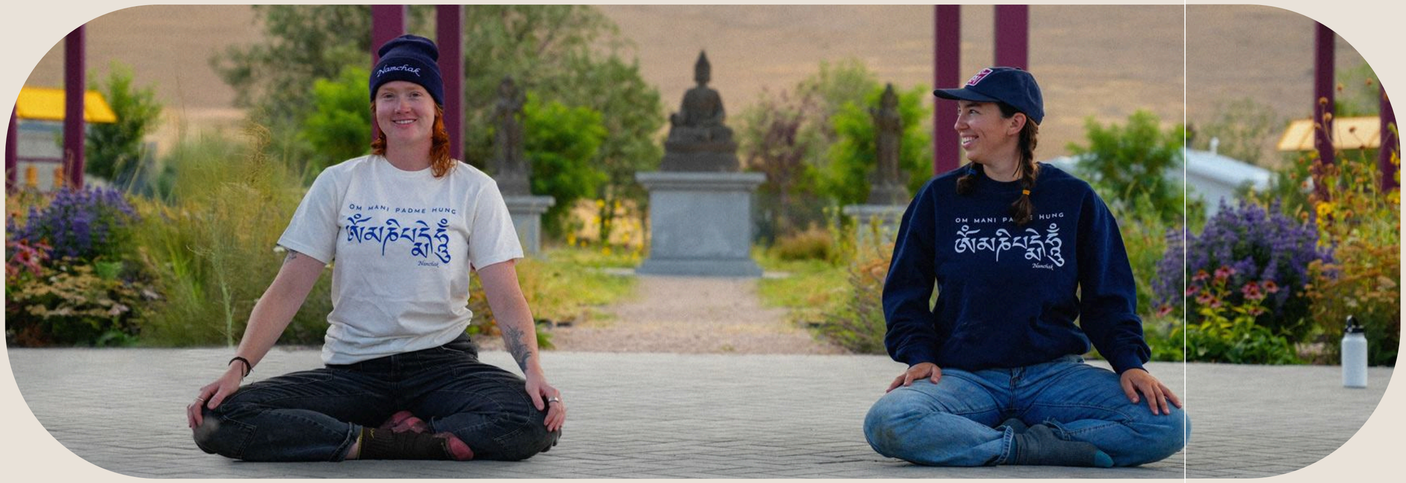


Bodhisattva's Path

“When we first start to meditate, we are like a honey bee just hovering around the flower.”

KHEN RINPOCHE

Seeker’s Path



SEEKER'S PATH: COURSES

Introduction to Calm Abiding Meditation

Uncover the peaceful state that is always present in your mind in this four-week course. In Calm Abiding meditation, you gently familiarize yourself with your mental patterns. This practice can help reduce stress and anxiety.

March 18–April 8, 2026



SEEKER'S PATH: COURSES

Foundations of Buddhist Practice: An Introductory Course in Training the Mind & Heart

Awaken to more profound peace, happiness, and compassion in this six-week course. Starting with foundational Buddhist teachings and practices, you will explore, engage with, and discuss the Dharma in the warmth of sangha, or community.

Offered on a quarterly basis.



SEEKER'S PATH: COURSES

Parenting as Practice: A Journey Through the Four Noble Truths for Families

This four-week course uses the framework of the Four Noble Truths to help parents and caregivers find more peace and ease — both in caring for themselves and in caring for their children.

Mondays, November 2–23, 2026

Explore Seeker's Path Courses →



SEEKER'S PATH: RETREATS

Finding Comfort and Ease: Tibetan Yoga and Meditation Retreat

Learn practical methods to harmonize body, breath, and mind, developing sensitivity and calm focus. The retreat provides embodied tools to transform tension into vitality, restlessness into awareness, and distraction into stillness.

March 13–15, 2026



SEEKER'S PATH: RETREATS

Four Immeasurables

Cultivate an expansive heart through practicing and studying the Four Immeasurables. These Boundless Qualities provide a path to strengthening your awareness, dissolving isolation, and reconnecting with your innate bond to others and the world.

March 6–8, 2026



SEEKER'S PATH: RETREATS

Embodied Presence

Spend four and a half days settling into deeper sensitivity and awareness of our minds, bodies, feelings, and sensations with the practice of Kum Nye, Tibetan Yoga, chanting, and meditation.

August 27–31, 2026

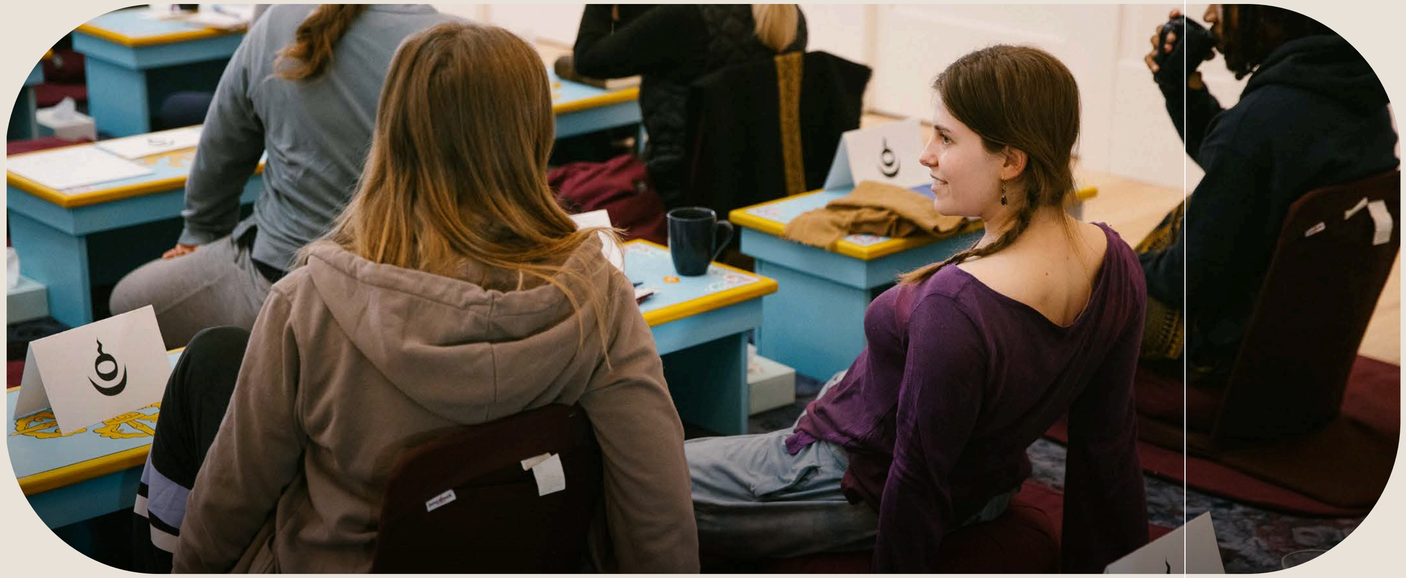
Explore Seeker's Path Retreats →

SEEKER'S PATH: RETREATS

Rest & Restore: A Fall Meditation Retreat

Gather in the beloved community at the Namchak Retreat Ranch in Hot Springs, Montana, to slow down, tune in to inner wisdom, and allow our minds and bodies to settle more deeply into their natural states. Throughout the weekend, we will immerse ourselves in Buddhist practice and meditation to help cultivate greater presence, peace, and gentleness.

November 6–8, 2026



SEEKER'S PATH: RETREATS

Reset & Renew

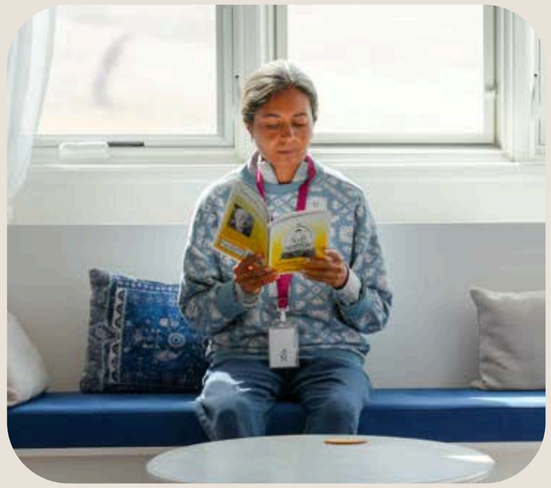
Discover deeper self-awareness, genuine connection, and resilience in meeting life's challenges. Harnessing spring's natural rhythm of renewal, you can reset intentions, refresh your practice, and engage with your community. This retreat also happens in the fall and is called **Rest & Restore**.

Start date TBD



Explore Seeker's Path Retreats →

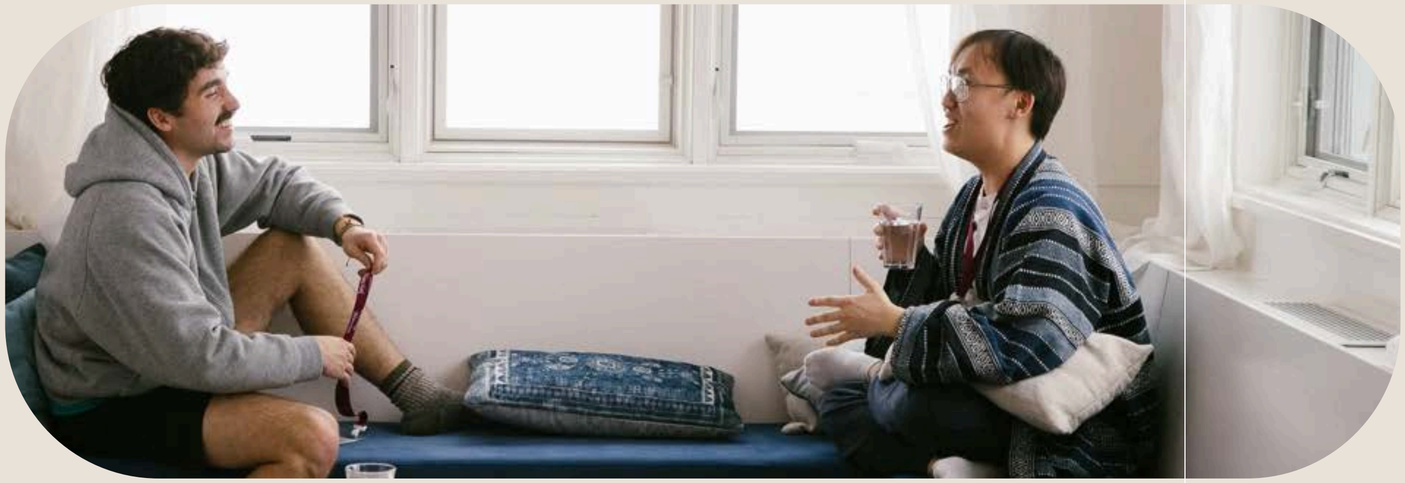
Practitioner's Path



“ Each one of us is both the part and the whole—the ocean and the wave.”

LAMA TSOMO





PRACTITIONER'S PATH: RETREATS

Green Tara Retreat

Embrace wisdom and compassion as you deepen your connection with Green Tara, the "Mother of All Buddhas," and the swift and fearless embodiment of awakened compassion.

October 15–19, 2026





PRACTITIONER'S PATH: RETREATS

Walking the Path: Shamata

Cultivate true rest for your mind as you explore Shamata or Calm Abiding and train your mind to rest in its natural state of stability and clarity. Embark on a journey toward freedom from habitual reactivity.

2027

PRACTITIONER'S PATH: RETREATS

Winter Refuge: A Self-Guided Practice Retreat

This five-day retreat offers dedicated practice time and space at the Namchak Retreat Ranch for students to gather and deepen into their current practices. This self-guided retreat will be held in Noble Silence with the intent to hold both flexibility and gentle structure for students currently in Namchak programs.

December 4–December 8, 2026

Explore Practitioner's Path Retreats →



PRACTITIONER'S PATH: RETREATS

Fundamentals of Tibetan Ritual Arts

Dive into the sacred rituals of Vajrayana Buddhism through an in-depth, hands-on introduction to essential elements of Vajrayana ritual practice. Through engaging with Sangwa Yeshe practice, you will prepare for Drupchöd.

Start date TBD



Explore Practitioner's Path Retreats →

I take refuge in the
Buddha, the Dharma,
and the Sangha.



Bodhisattva's Path



BODHISATTVA'S PATH: RETREATS & PROGRAMS

Compassion in Action®

Spend a year deepening into Tibetan Buddhist meditation and studies, fostering community, and creating positive change. This transformative experience is for bodhisattva-minded practitioners ages 18–27.

Program begins May 27, 2026, with applications due on March 1, 2026

BODHISATTVA'S PATH: RETREATS & PROGRAMS

Ancient Wisdom Engaged

Experience transformation as you maintain steady momentum throughout your Ngöndro journey. Rooted in community, this two-year supportive program fosters collective growth and accountability.

Program begins May 1, 2026, with applications due March 1, 2026



BODHISATTVA'S PATH: RETREATS & PROGRAMS

Walking The Path

Deepen your practice within the Buddhist path of liberation with this clear and systematic approach. You'll receive individual instruction, meditation practice, and a structured path of study focusing on Shamata, Vipassana, and the Buddhist Path to Liberation.

Spring of 2027

Explore Bodhisattva's Path Programs →



BODHISATTVA'S PATH: RETREATS & PROGRAMS

Cutting through Ego with Radical Generosity: A Chöd Retreat

Chöd, meaning "cutting through," is a profound Vajrayana practice within the Tibetan Buddhist Tradition that traces back to the great yogini Machig Labdrön. Through powerful visualization, ritual arts, and meditative practice, Chöd transforms fear, attachment, and obstacles into the path of awakening.

September 25–30, 2026



Learn More →

“The practice of the path is not necessarily learning new things, but removing obscurations—revealing what was already there.”

JUSTIN KIRKWOOD

BODHISATTVA'S PATH PROGRAMS

Three-Year Retreat

The Tibetan word for retreat, tsam, means "boundary." It marks a sacred commitment, stepping away from the comforts and distractions of daily life and into a container where profound transformation can unfold.

The Namchak Three-Year Retreat offers dedicated Vajrayana practitioners the rare opportunity to commit themselves fully to the path of realization. This program requires prior experience with Vajrayana practice; applicants should have completed foundational Buddhist study and retreat. Guided by Tulku Sangak Rinpoche, the world lineage holder of the Namchak lineage, this program continues an unbroken stream of teachings passed directly from teacher to student for centuries.

In the Namchak tradition, practitioners dedicate themselves to a structured meditation schedule, mantra recitation, ritual, and studying Namchak lineage texts. Participation in the retreat is limited to those who have been accepted through an application process that verifies adequate preparation. The retreat curriculum has been personally designed by Rinpoche and translated with his guidance, maintaining the complete integrity of the Namchak lineage while offering accessibility to Western students.

Preparation for Three Year Retreat participants will begin in 2027–2028

Learn More →



Calendar



27 **January** Tuesday

Seeker's Path: Course

Foundations of Buddhist Practice

- Six-week foundational course
- Tuesdays
- Online

29 **January** Thursday

Seeker's Path: Course

Foundations of Buddhist Practice

- Six-week foundational course
- Thursdays
- Online and In-Person

06 **March** Friday

Seeker's Path: Retreat

The Four Immeasurables Retreat

- Three-day retreat for cultivating love and compassion
- Online and In-Person

13 **March** Friday

Seeker's Path: Retreat

Finding Comfort and Ease: Tibetan Yoga and Meditation Retreat

- Three-day retreat to learn practical methods to harmonize body, breath, and mind
- Online and In-Person

18 **March** Wednesday

Seeker's Path: Course

Introduction to Calm Abiding Meditation

- Four-week foundational Shamata practice course
- Wednesdays
- Online and In-Person

9 **April** Thursday

Seeker's Path: Course

Foundations of Buddhist Practice

- Six-week foundational course
- Thursdays
- Online

24 **April** Friday

Practitioner's Path: Retreat

Walking the Path: Shamata

- Three days of exploring and practicing Shamata
- Online and In-Person

24 **April** Friday

Bodhisattva's Path: Program

Walking the Path Program

- First retreat of the two-year program
- Online and In-Person

01 **May** Friday

Bodhisattva's Path: Program

Ancient Wisdom Engaged

- A two-year guided Ngöndro program • Applications due March 1
- In-Person Only

27 **May** Wednesday

Bodhisattva's Path: Program

Compassion in Action® Fellows Program

- A year-long inner & outer change program • Applications due March 1
- In-Person Only

27 **August** Thursday

Seeker's Path: Retreat

Embodied Presence

- Five days of Tibetan Yoga, meditation, and contemplation
- In-Person Only

15 **September**
Tuesday

Seeker's Path: Course

Foundations of Buddhist Practice

- Six-week foundational course
- Tuesdays
- Online

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23 **September**
Wednesday

Seeker's Path: Course

Foundations of Buddhist Practice

- Six-week foundational course
- Wednesdays
- Online

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25 **September**
Friday

Bodhisattva's Path: Retreat

Cutting through Ego with Radical Generosity: A Chöd Retreat

- Five days of profound practice
- In-Person Only

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15 **October**
Thursday

Practitioner's Path: Retreat

Green Tara Retreat

- Three days of embracing wisdom & compassion
- Online and In-Person

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02 **November**
Monday

Seeker's Path: Course

Parenting as Practice: A Journey Through the Four Noble Truths for Families

- Four weeks of applying Buddhist philosophy to raising a family.
- Online Only

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06 **November**
Friday

Seeker's Path: Retreat

Rest & Restore: A Fall Meditation Retreat

- A weekend to slow down and tune in to inner wisdom
- In-Person Only

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04 **December**
Friday

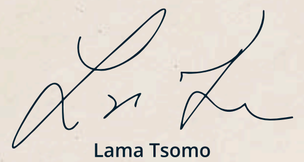
Practitioner's Path: Retreat

Winter Refuge: A Self-Guided Practice Retreat

- Five or ten days in dedicated practice and Noble Silence.
- In-Person Only



“Together, we aspire to reduce suffering and benefit all beings. As more people benefit from dharma study, meditation, and community, their positive impact will ripple outward, creating a more compassionate, awakened world.”



Lama Tsomo

Namchak

Tibetan Buddhist Practice & Retreat

WWW.NAMCHAK.ORG