

# INTRODUCTION TO MAHAMUDRA

Meditation Retreat at Maenllwyd



Pant y Dwr, Rhayader, Powys, Wales LD6 5LW  
**Saturday 7th June - Saturday 14th June, 2025**

In this retreat we will explore the Four Yogas of Mahamudra with focus on practice of Shi-ne and Lha-tong, calming and insight, supported by deity practice of Chenrezig, Bodhisattva of Compassion, and yogic song.

led by Sophie Muir, Karma Dechen Khandro



Sophie has been a student of Kyabje Chime Rinpoche since 1986 and is a member of Rinpoche's White Sangha, with authorisation to teach Mahamudra. She trained with Dr John Crook from 1993 in retreat practice of the four yogas of Mahamudra and was requested by John to continue leading introductory retreats.

Maenllwyd is an old stone farmhouse in the hills of mid-Wales, without electricity or 'phone signal, and with a dedicated Meditation Hall in the converted barn. Dharma practice has continued here for over 50 years & we are fortunate to have this opportunity to gather for retreat together.

Retreat fee £400 ( some bursaries available )  
All meals vegetarian or vegan.

For further information, please contact [sophie@gearmill.org](mailto:sophie@gearmill.org) [www.maenllwyd.org](http://www.maenllwyd.org)