

# 2023 Palyul Summer Retreat

Liberation is in the  
Palm of  
Your Hand



McDonough, NY

July 10 - August 10

Nyungné Purification and Fasting: July 1 to 4



Retreat Master  
HH Khentru  
Gyangkhang  
Rinpoche



HH Mugsang  
Kuchen  
Rinpoche



Khenchen  
Tsewang Gyatso  
Rinpoche



Tulku Luphuk  
Rinpoche



Khenpo  
Kunsang Dechen  
Rinpoche



Khenpo  
Tenzin Norgay  
Rinpoche



Class Leaders

Compassion practice, meditation, and chanting led by monks  
and nuns trained at Namdroling Monastery

Find out more or sign up online: <http://retreat.palyul.org> or write us: [retreat@palyul.org](mailto:retreat@palyul.org)



The Palyul Retreat Center

359 Hollow Road

McDonough, NY 13801

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607-656-9640

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Palyul Throneholder,  
His Holiness Karma  
Kuchen Rinpoche

*Sends us his blessings for retreat*



Ancient Wisdom for  
Changing Times