

# James Low

21-24  
May

## Dzogchen meditation practice

### 'Dissolving our obscurations in the intrinsic openness of awareness'

From May 21st to 23rd, a retreat with Dzogchen teacher James Low will be held at the Ligmincha Buddhist Center in Wilga, Poland. The retreat will focus on an introduction to the direct experience of our intrinsic awareness and how experiencing it removes our obscurations. The teacher will also provide practical meditation information. For those interested, prayer and meditation practices will be held in the mornings and evenings. In the afternoons, there will be accompanying activities promoting mindfulness and reinforcing our connection with dharma. The retreat is suitable for anyone interested in developing mindfulness and understanding the mind. You don't need to be a Buddhist to participate.

---

#### JAMES LOW

A teacher from the Dzogchen tradition—the branch of Tibetan Buddhism—his lectures are characterized by precision and a relaxed format, perfectly adapted to Western systems of thought. James Low is the heir and continuator of the teachings of the root guru C.R. Lama, one of the greatest Dzogchen teachers of our time.

---

James Low: [simplybeing.co.uk](http://simplybeing.co.uk)

Retreat site: [www.simplybeing.org/wilga/](http://www.simplybeing.org/wilga/)

#### Address

Ligmincha, Huberta 4,  
08-470 Wilga, PL

#### Time table

##### 21-23 May

7.30 - morning practice\*  
8.45 - breakfast\*  
10.00-11.15 - teaching (James Low)  
11.15-11.45 - break  
11.45-13.00- teaching (James Low)  
13.00 - mantras  
14.00 - lunch  
15.30 - discussion groups  
16.30 - awareness activities  
17.00 - Q&A  
18.00 - dinner  
19.00 - evening session

##### 24 May

7.30 - morning practice  
8.45 - breakfast  
9.30-11.00 - teaching (James Low)  
11.00 - goodbye

\* 21 May without practice and  
breakfast. Start at 10.00

The timetable may be altered  
depending the weather and  
teacher's condition.

## ACCOMMODATION AND FEES

- Vacation cottage (rooms for 3 or 4 people, beds, bedding, towels, bathroom, mini-kitchen) • 250 eur
- Dormitory (shared room, bunk beds with bedding) • 215 eur
- Old lodge (on the floor, own bedding) • 200 eur
- Campsite (site only, no tent) • 200 eur
- Overnight stay not included (participation in the retreat, no overnight stay) • 200 eur

Overnight stay available on May 20/21 (payable locally)  
(cottage 25 eur, dorm 15 eur, lodge 10 eur , tent 5 eur)

### Organizers

Olga Maj - administration - [olga.maj@icloud.com](mailto:olga.maj@icloud.com)

Bartek Czajkowski - translator

Konrad Świtała - logistics

Robert Hnat - information - [roberthnat@gmail.com](mailto:roberthnat@gmail.com)



Transfer from Warsaw:

PKP Garwolin + taxi 20km

## WARUNKI UDZIAŁU

### 1. RESERVATION

Pay a deposit of EUR 80 by March 15, 2026, to the account:

54 2530 0008 2082 1064 0473 0001

Dzogczen Community, Łysa Góra 168, 38-230 Łysa Góra

SWIFT: NESBPLPW

Enter in the subject line: JAMES

### 2. Send an email to [olga.maj@icloud.com](mailto:olga.maj@icloud.com)

Include payment confirmation, the names of the people registering, and your accommodation and meal preferences.

Reservations are confirmed **ONLY** after receiving an email confirmation

### 3. Pay the remaining balance by April 30.

**NOTE:** Spaces are allocated on a first-come, first-served basis.

We only have 45 spaces available in the cabins!

**Please book carefully, as deposits are used to pay for accommodation and meals in advance. Refunds will not be possible after April 30th.**