



LAMA OLE NYDAHL

SWITZERLAND 2009



LECTURE LUCERNE
**Thursday,
November 5**

LECTURE ST. GALLEN
**Friday,
November 6**

WEEKEND COURSE
KÜSNACHT ZH
**Saturday,
November 7
Sunday,
November 8**



BUDDHISM IN THE WEST

THURSDAY

NOVEMBER 5, 2009, 8 PM

Door opening: 7 pm, Price: CHF 18.- / Euro 12.-
German with English translation

LOCATION

Casineum at the Grand Casino, Haldenstrasse 6, Lucerne

MORE INFORMATION

Diamond Way Karma Kagyu Buddhist Center Lucerne
Rössligasse 14, 6004 Lucerne, phone: +41(0)41 410 53 64
www.buddhismus.org/luzern

BUDDHISM IN DAILY LIFE

FRIDAY

NOVEMBER 6, 2009, 8 PM

Door opening: 7 pm, Price: CHF 18.- / Euro 12.-
German with English translation

LOCATION

Tonhalle, Museumstrasse 25, St. Gallen

MORE INFORMATION

Diamond Way Karma Kagyu Buddhist Center St. Gallen
Hintere Davidstrasse 20, 9000 St. Gallen, phone: +41(0)71 377 25 02
www.buddhismus.org/stgallen



LAMA OLE NYDAHL

In 1969, the danish couple Ole and Hannah Nydahl met the 16. Gyalwa Karmapa on their honeymoon in the Himalayas. They became his first Western students. After years of buddhist studies and practice, he authorized them to teach and start centers in his name. Since 1972 Lama Ole has so far started 600 centers around the world, passing on the essential teachings he received. His life experience and refreshingly unsentimental style make these teachings readily comprehensible and meaningful today.

BUDDHIST MEDITATION

WEEKEND COURSE WITH LAMA OLE NYDAHL
NOVEMBER 7 AND 8, 2009

We warmly invite you to the weekend course with Lama Ole Nydahl which marks the end of the first Swiss bus tour. There is no need to register in advance, but please bring your own meditation cushion/mat.

LOCATION

Heslihalle, Untere Heslibachstrasse 33, 8700 Küsnacht ZH

LECTURES (german with english translation)

Saturday, november 7, at 3 pm
Saturday, november 7, at 8 pm
Sunday, november 8, at 11 am

PRICES

Whole course: CHF 45.- / Euro 30.-
Single lecture: CHF 18.- / Euro 12.-, members CHF 15.- / Euro 10.-

ACCOMODATION

Zivilschutzanlage Heslihalle: CHF 15.-/Euro 10.-

More comfortable:

- Zurich: www.zuerichsee.ch/www.zuerich.com
- Küsnacht: www.sonne.ch/www.hotelcentralkuesnacht.ch/
www.ochsen-kuesnacht.ch
- Retreatcenter Amden: www.amden-retreat.ch

Sorry, there is no accomodation available at the Buddhist Center Zurich.

FOOD AND DRINKS

- Breakfast and dinner as well as cafeteria (snacks & drinks) on site.
- There are several restaurants in the area.

KIDS

There will be a kids`n babies corner onsite with live transmission. Parents are in charge.

PARKING

Parking onsite is possible. We nevertheless strongly recommend public transportation!

MORE INFORMATION

Diamond Way Karma Kagyu Buddhist Center Zurich
Hammerstrasse 9, 8008 Zurich, phone: +41(0)44 382 08 75,
email: zuerich@buddhismus.org, www.buddhismus.org/zuerich

HOW TO GET THERE

By car (www.mapsearch.ch)

- From Zurich
Continue on the Seestrasse directly alongside the lake till you reach Küsnacht. There turn left into Gartenstrasse, drive 200m, turn left into Untere Heslibachstrasse, drive 400m, there it is!
- From Rapperswil
Continue on the Seestrasse directly alongside the lake till you reach Küsnacht. There turn right into Gartenstrasse, drive 200m, turn left into Untere Heslibachstrasse, drive 400m, there it is!

By public transportation (www.zvv.ch, www.sbb.ch)

- From Zürich HB take the S6 or S16, which runs every 15 min, approx. 15 min travelling
- From Rapperswil take the S7, S6 (change trains in Meilen), which runs every 30 min, approx. 35 min travelling

