

Ways to Contribute

Contributions to the retreat project could be made via bank draft, money order or bank wire transfer.

Please contact us for our bank details if you wish to donate via bank wire transfer.

Bankdraft or money order, made in favour of "Sakya Nunnery" can be mailed to Sakya nunnery, with your personal details, using the form provided.

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Sahastradhara road,
P.O. Kulhan-248001, Dehradun,
Uttarakhand, India
Tel: +91 135 260-7560
Email:
sakyannunneryoffice@yahoo.com



Sakya Nunnery Retreat Project

For more information about this project, please contact:

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or

Ani Sangay Dolma, administrator
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Sakya Nunnery

Since 1993, groups of Sakya nuns from Tibet started to arrive in India as refugees. They shared the same aspirations to remain as nuns to devote their entire lives to the practice of the Dharma.

Through the generosity of the Buddhist community and sponsors, nunneries were built to accommodate these nuns. The main Sakya nunnery, Sakya Rinchen Choling in Dehradun, oversees two other nunneries: Sakya Thrinley Choling nunnery for young nuns in Leh-Ladakh in India, and Vajrayogini Meditation Centre for nuns in Kathmandu, Nepal. Together, they have approximately 300 nuns under their care.

The nuns have dormitories, a temple, and classrooms, but they do not have any proper facilities to do retreats—an integral part of a nun's spiritual path.

It is the wish of His Holiness the 41st Sakya Trizin that a retreat centre be built for the nuns—a place that would allow them to complement the monastic training they have received, to deepen their understanding of the Dharma, and ultimately to gain realisation.



The Importance of Doing Retreat

When you do retreat, you are away from the busyness and distractions of the world. You are in a secluded place, where there is no noise, and no worldly activities, so that your mind is more focused, more calm. Then whatever practices you do, whatever recitation, meditation, and visualizations, are much more effective. And after you have built a base by doing effective retreat, then you can do this anywhere, as a daily practice. Therefore to do retreat is very important.

His Holiness the 41st Sakya Trizin



Retreat Facilities for Nuns

The Sakya nunnery hopes to build a retreat centre in the vicinity of Dehradun to support the many nuns who aspire to perform retreat.

We are actively scouting for a suitable piece of land with the right environment for building a retreat centre. Please contact us to learn more about this project.

We hope you will assist us in this meritorious project by contributing generously.

Donation for Sakya Nunnery Retreat Project

Name: _____

Address: _____

Email: _____ Phone: _____

I have enclosed a bankdraft/money order for _____ for the above mentioned project.