



# Tibetisches Zentrum

UNTER DER SCHIRMHERRSCHAFT  
S.H. DES 14. DALAI LAMA\*

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## Private Retreats (Solitary Practice)

Since January 2011 three double cabins are available for solitary practice on the Semkye Ling meditation house grounds. Those who are experienced in meditation and those who have been practitioners for many years can intensify and deepen their meditation experience for a few days, weeks or months.

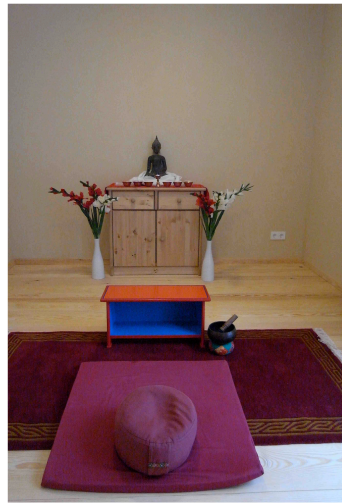
### What awaits you at Semkye Ling

#### Accommodation:

Three double cabins which were especially designed for solitary practice are located behind the meditation house at a particularly quiet location. Each cabin has two separate living quarters (22 square meters) with a shower and a small kitchen. They are equipped with everything necessary for contemplative living: an altar with a meditation mat and cushion, cupboards, a wardrobe, bed, table and desk. A laundry service with pick up and delivery is also available.

#### Food:

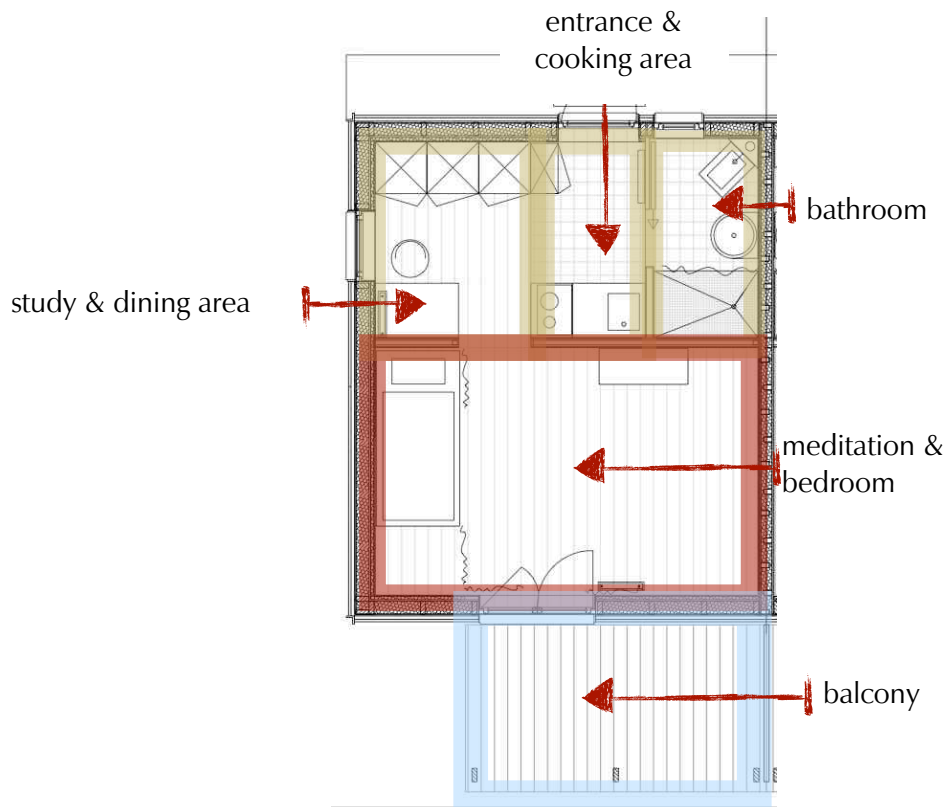
You provide for yourself, storing your food and preparing your meals in the kitchen. For your convenience during longer stays there is a grocery store nearby or a delivery service for food and personal care products.



### Planning your meditation retreat:

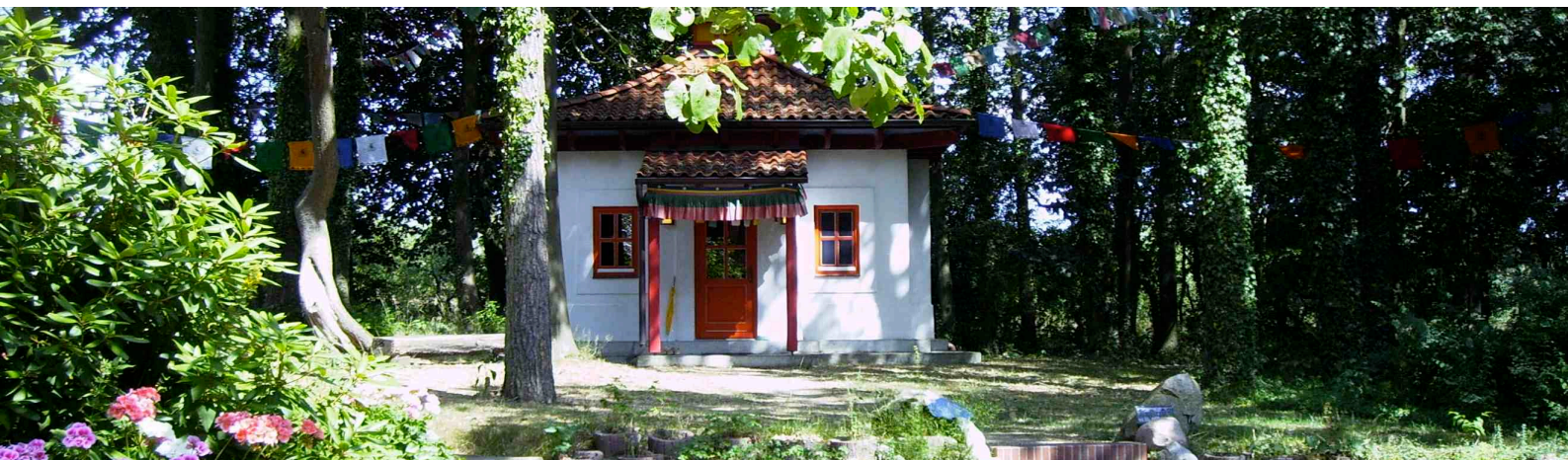
Speak with your teacher about the contents of your solitary practice. Please be aware that assistance regarding your meditation content can not be guaranteed. Even though, if necessary, our office tries to arrange an appointment with one of our teachers or monastics.

### Groundplan:



### Rental:

Each living area can be rented for a total of 26 Euros a day for the first 30 days after which a total of 22 Euros a day is charged. (This includes all utilities etc). Inquire about special rates.



A deposit of 30 Euros made at the beginning of your stay will be refunded to you after you have cleaned your living quarters before leaving.

### **Location**

The nearest town (7 KM) is Schneverdingen, near the nature reserve called Lüneburg Heath. It is in the middle of a triangle formed by the cities of Hamburg, Bremen and Hannover in north Germany. The nearest airport is Hamburg. From there you take the metro to the main station and a train to Schneverdingen – one and a half to two hours altogether.

### Adress:

Meditationshaus Semkye Ling  
Lünzener Str. 4  
29640 Schneverdingen-Lünzen

### **Reservations:**

To make reservations, please contact our office at Semkye Ling:

Telephone: +49 (0)40 29 84 34 200

E-Mail: [sl@tibet.de](mailto:sl@tibet.de)

### **A Project of the Tibetan Center (Tibetisches Zentrum e.V.):**

It was the center's longtime spiritual leader Geshe Thubten Ngawang (1932-2003) who shared his vision of retreat cabins for solitary practice in an interview a few months before passing on. It was his



wish that Buddhist practitioners could put into practice what they had learned in their studies, that they could transform knowledge into real meditative experience. To implement this idea, it was important to fulfill all of the necessary requirements such as having a sacred location, teachers, Dharma friends, etc. Semkye Ling meets all of these requirements.

In 2008, friends and members of the Tibetan Center decided the time had come to make Thubten Ngawang's dream come true. In particular it was the financing concept that made this possible: the 400,000 Euros needed for construction came through large contributions, loans and rental payments made in advance (for the contributors' future use of one of the living quarters). The cabins were made available to practitioners in January 2011.