



# CHOD

**Retreat in Cornwall,**

**June 27th - July 1st, 2024 led by Vicki Tofts**

**Roselidden Farm, Trevenen Bal, Helston, Cornwall, TR13 OPT**

Chod or 'cutting through' is a skilful and profound practice: a union of the understanding of emptiness and compassion. During this weekend we will be learning about the philosophy of the Mahamudra Chod lineage and how to apply it to our every day lives, as well as the sadhana and how to play the ritual instruments.

For those with experience of Chod, there will be an opportunity to continue our learning in retreat. We will go in to the practice in more detail and visit sacred sites to perform the sadhana, helping to heal ourselves and the environment.



This retreat is open to both residential and non-residential participants. We shall be at Roselidden and also going out to practice on the land, at sacred sites and by the sea.

All meals are vegetarian or vegan.

Vicki has been a student of Khyabje Chime Rinpoche's for over 15 years and is a member of his White Sangha.

Vicki has been a student of Khyabje Chime Rinpoche's for over 15 years and is a member of his White Sangha.

for booking and further information, please contact [sophie@gearmill.org](mailto:sophie@gearmill.org)