

## Venue

Oberlethe is situated in peaceful, rural North German countryside close to Bremen. The farm estate and surroundings offer many leisure possibilities including horse riding, biking (bikes can be rented), swimming in a small lake on the grounds or in a bigger, beautiful clear lake nearby, as well as camp fires, sauna etc.

The small town of Wardenburg is 15-20 minutes walk from the seminar house. There are shops to supply most of your forgotten needs, banks, several restaurants and ice cream parlours.



## Accommodation

Accommodation is available on different levels. You can camp on the grounds with your own tent, which is cheapest, or book a bed in one of the houses. The rooms are nice, hotel standard, mostly double rooms, some en suite. There are more than 70 beds in the house, and cheaper semi-private cubicles upstairs in the new meditation hall. For more information on accommodation matters, please contact:

**Hof Oberlethe**, Wardenburger Str. 24, 26203 Wardenburg

Tel. 0049-4407-6840, Fax 0049-4407-5480

email: [info@hof-oberlethe.de](mailto:info@hof-oberlethe.de)

[http://hof-oberlethe.de/index.php?site\\_name=home\\_en](http://hof-oberlethe.de/index.php?site_name=home_en)

## Child care

The Summer Camp is intended as an event for everybody: Tara Rokpa participants, their family, their children and friends. We offer child care as an opportunity to make both children and parents feel good and enjoy the camp.

Child care on different age levels will be available during the main courses in the mornings. However we are not able to provide special facilities for babies.

Over many years we have been offering courses 'Tara Rokpa for kids and young people'. They have been a great success, but whether they will be available this year has not yet been decided. Please inquire.

## Information & Booking

All bookings in writing or by email to:

Petra Niehaus, Gartenstr. 48, D-52064 Aachen

Tel. 0241-872453, [info@tararokpa.de](mailto:info@tararokpa.de)

Please give your full name(s), address, phone/fax, date and time of arrival and departure, number of persons and number/ages of children, and level of the Tara Rokpa work (if applicable).

**No participation fees for participants from outside of Germany!**

We want to encourage all our international friends to come to the summer camp. So there will be **no participation fees** for non-Germans again this year. We cannot guarantee this will be possible every year, so use the opportunity!

PLEASE NOTE - **two bookings are necessary:**

1. booking your course participation with Tara Rokpa **AND:**
2. booking your accommodation directly with Hof Oberlethe.

Oberlethe needs to know your desired accommodation(s), date and time of arrival/departure, vegetarian/non-vegetarian meals. They speak English. If there is a problem, we can assist you - but please try first to settle all accommodation matters with Oberlethe directly.

**Hof Oberlethe**, Wardenburger Str. 24, D-26203 Wardenburg

Tel. 0049-4407-6840, Fax -5480, email: [Info@Hof-Oberlethe.de](mailto:Info@Hof-Oberlethe.de)

## How to get there

The nearest airport is **Bremen**. From there, you can go by train to **Oldenburg** station (~1 hour) and take a taxi to Oberlethe (~16 Euro).

You can also fly to Hamburg, but the train journey is longer (2.5 hrs).

Alternatively, there is a special taxi shuttle service: Luftibus Shuttle, [http://www.luftibus.de/airport\\_transfer](http://www.luftibus.de/airport_transfer) (page in English). Phone +49-441-81114, online booking available. They will take you directly from Bremen airport to Hof Oberlethe. Advance booking is required! Check the fares on their website.

If you come by car, one possibility is to take a ferry to Hamburg. From there by Autobahn to Bremen and then Oldenburg. Take the Autobahn no. 29 from Oldenburg in direction Osnabrück, take the exit "Wardenburg", turn right into the village Wardenburg. After about 2 km, in the village, turn left in direction Oberlethe/Friesoythe, then 2 km straight on to Hof Oberlethe (on the right hand side of the road).



# Tara Rokpa

**19<sup>th</sup>** International  
**Tara Rokpa**  
**Summer Camp**  
Oberlethe/Germany  
**16th - 23th July 2017**



We are happy to invite you to the

## 19th International

# Tara Rokpa Summer Camp 2017

from 16th to 23th July 2017  
in Oberlethe/North Germany

Once a year, the Summer Camp offers a unique chance to get to know Tara Rokpa, to meet the Tara Rokpa therapists and other people in the process from many different places. The Camp emphasizes the playful, creative, relaxing and social aspects of the Tara Rokpa methods. There will also be Healing Relaxation courses for beginners, for accompanying friends and relatives, and for anybody interested in learning about Tara Rokpa.



All Tara Rokpa therapists including Trish Swift from Zimbabwe are always invited, and retired Tara Rokpa therapist Carol Sagar sometimes joins us for an art course. Who will lead the courses depends on availability, and will be determined in late spring of each year.



**Akong Rinpoche** (1939-2013), meditation master and founder of the Tara Rokpa therapy process, initiated the summer camp 20 years ago. Up to his untimely death in 2013 he remained closely connected to the summer camp, has joined it several times and gave it new directions.

## Programme

There will be a *beginner's course* with Healing Relaxation provided throughout the whole duration of the summer camp. Participants can start any time.

**In the morning:** *Tara Rokpa courses* will be offered on different levels.

**In the afternoon:** *Optional workshops* by Tara Rokpa participants. In previous years we had movement, music, art, massage, etc.

There will be a *meditation session* with short instructions before breakfast.

**In the evening:** *Presentations and lectures* by the therapists, discussion and questions. Afterwards: *Parties, music and dancing, camp fires...*

Otherwise: Time to relax, and for leisure activities like swimming, walking, biking, horse-riding, sauna etc. The camp is also a holiday. Children, partners and friends are very welcome.

## Start and end

**Arrival:** Sun. 16th July 2017 from 4 p.m. **Opening session:** 8.30 p.m.

**Courses start Mon. 17th July at 10 a.m.** (all other days: 9.30 a.m.)

On **Sun. 23th July**, the Tara Rokpa courses are held in the morning at the regular time. The camp ends **after lunch** on Sunday.



## Cost of Summer Camp

The total cost consists of :

1. a participation fee for the organisation of the camp, covering fees, accomodation and travel expenses of the therapists, organisational costs, child care, reductions etc. **and**
2. the cost of accomodation, which is separate and depends on your level of accomodation.

### 1. No Participation fee for participants from outside Germany!

Has to be paid through bank draft in advance.

Participation fee for the Summer Camp 2016	Euro 250,-
Reduced fee for bookings before 15th May 16	Euro 190,-

Accompanying family members or friends who are not participating in the main Tara Rokpa workshops, may attend meditation sessions, afternoon courses and evening events for Euro 45,- for the whole camp. For under 18 year olds, participation in these events is free.

### 2. Accomodation

Has to be paid in Euro upon arrival at Oberlethe.

The cost of accomodation per person, full board is:

Euro 48,- /day	in your own tent (bring own towels)
Euro 68,- /day	double room
Euro 74,- /day	double room en-suite
Euro 52,50/d	dormitory (own towels and bedding)
Euro 20,- /day	children (4-12 yrs.) in a tent (own towels)
Euro 25,- /day	teenagers (13-18 yrs.) in tent (own towels)
Children under 4 years are free.	

Children 4-12 years are half price in the rooms.

Single room surcharge 15 Euro. Prices include full meals and use of all facilities and public rooms. Meals are vegetarian or non-vegetarian. No half-board possible. Partial days to be paid in full.

### 3. Travel fund

In order to encourage and help participants from outside Germany with higher travel costs, there will be as usual a travel fund. To benefit, please apply to the Tara Rokpa office at the summer camp.

