



### The Summer Camp venue: Hof Oberlethe

Oberlethe is situated in peaceful, rural North German countryside close to Bremen. The large farm estate and surroundings offer many leisure possibilities. Bikes can be rented, swimming in a small lake on the grounds or in a bigger, beautiful lake nearby, as well as camp fires, sauna etc. The small town of Wardenburg is 15-20 minutes walk from the seminar house and offers shops, banks, several restaurants and ice cream parlours. Accommodation is available at different levels. You can camp on the grounds around the lake with your own tent or camper, or book a bed in one of the houses. The rooms are nice, hotel standard, mostly double rooms, many en suite. There are more than 70 beds in the house, as well as semi-private cubicles and dormitory spaces at lesser cost.



### TARA ROKPA

Tara Rokpa Therapy is a compassion-based method of therapy and a self-responsible process of inner development and maturation. Its main source is the philosophy, psychology and meditation practice of Buddhism, combined with Western psychotherapeutic methods and understanding. It was developed by Akong Rinpoche (1939-2013) together with Western therapists.



Therapists and course leaders at Summercamp 2019

### Daily programme

In the morning: Tara Rokpa courses on different levels. Beginner's course with Healing Relaxation provided throughout the whole duration of the summer camp. Participants can start any time.

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

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



# TARA ROKPA

## Summer Camp

22.

International  
Summer Camp 2020  
Oberlethe/Oldenburger

26.7. - 2.8. 2020

[www.tararokpa.de](http://www.tararokpa.de)



## Our 22nd Summer Camp

Once a year, the Summer Camp offers a unique opportunity 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 Tara Rokpa. There will also be Healing Relaxation courses for beginners, for accompanying friends, and for anybody interested in learning about Tara Rokpa. The Summer Camp is intended as an event for everybody: Tara Rokpa participants, their family, their children and friends.

### Child care

will be available in the mornings, allowing parents to take part in the Tara Rokpa courses. However, we are not able to provide facilities for babies.

### Learning to relax - learning about Tara Rokpa

For participants new to Tara Rokpa there will be an introductory course offering Healing Relaxation and further information, which can be joined daily. Informal meetings with Tara Rokpa participants and therapists offer another good opportunity to learn about our method.



Fotos © Bea Nothnagel, tarafotoberlin.de

## Accommodation at Oberlethe

To be paid in Euro on arrival at Hof Oberlethe.

**Cost of accommodation** per person per day, full board:

Euro 51 in your own tent (bring own towels)  
 Euro 76 double room  
 Euro 82 double room en-suite  
 Euro 54 dormitory (own towels and bedding)  
 Euro 23 children (4-12 yrs.) in a tent (own towels)  
 Euro 27,50 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 17 Euro. Prices include full meals and use of all facilities and public rooms. Meals are vegetarian or nonvegetarian. No half-board possible. Days are counted pm to pm.

## How to get to Oberlethe

The nearest airport is Bremen. From there, you can go by train to Oldenburg station (~ 1 hour), then Bus 314 to Wardenburg Tillyhöhe (1,3 km from Hof Oberlethe on foot), or a taxi from Oldenburg to Oberlethe (~ 27 Euro). You can also fly to Hamburg, but the train journey to Oldenburg is longer (2.5 hrs).

Alternatively, there is a taxi shuttle service which will take you directly from Bremen airport to Hof Oberlethe: Luftibus Shuttle, online booking form (blue) at <https://81111.de> However the online booking form is in German only. You can also book by phone: +49-441-81114 (Mon-Fri 8:30 - 15:00, no phone booking Sat./Sun.). If all else fails, the Tara Rokpa office can do the shuttle booking for you.

By car: Autobahn to Bremen and then to 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).

## Booking and Arrival

**Arrival** Sun. 26nd July 2020 from 4 p.m.  
 Opening session: 8.30 p.m.

Courses start Mon. 27th July at 10 a.m. (all other days: 9.30 a.m.)

On Sun. 2nd Aug, the Tara Rokpa courses are held in the morning at the regular time. The camp ends after lunch on Sunday 2nd Aug. 2020.

### 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, date and time of arrival and departure, number of persons and number/ages of children, and level of the Tara Rokpa work (if applicable).

**We want to encourage all our international friends to join us at the summer camp. Therefore, there will be again no participation fee for participants coming from outside of Germany!**

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

1. booking your course **participation** with Tara Rokpa
2. booking your **accommodation** 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 to settle accommodation matters with Oberlethe first.

**Hof Oberlethe, Wardenburger Str. 24,  
 D-26203 Wardenburg Tel. 0049-4407 -6840,  
 Fax -5480, email: [Info@Hof-Oberlethe.de](mailto:Info@Hof-Oberlethe.de)**