



UPDATED PROGRAMME FOR WEEK 2

Dechen Summer Course

Sakya Changlochen Ling 16th - 28th August 2026



This summer, Lama Jampa Thaye will continue to teach the 8th century Indian master Śāntideva's classic guide to the Buddhist path, the Bodhicaryāvatāra or 'Entering the Bodhisattva Conduct'. This will cover chapter 8, the chapter on meditation, which is focused on the development of the universal altruism of bodhichitta. This remains one of the most popular and important works of the Mahayana Buddhist tradition. The detailed commentary was composed by Sonam Tsemo (1142-1182), one of the most celebrated masters of the Sakya school in Tibet. The second week will comprise the initiation, receipt of the meditation instructions (Tib. tri) and a retreat on White Tara, the Wish-Fulfilling Wheel, from the Tsarpa lineage of Sakya.

Week 1	Sun 16	3.00 - 4.30	Initiation of White Dzambhala from the lineage of Atisha
	Mon 17 / Tue 18	10.00 - 12.30	Bodhicaryāvatāra (Break: 11.15 - 11.45am every morning)
		2.30 - 4.00	Bodhicaryāvatāra
		4.15 - 4.45	Tangtong Gyalpo Chenrezik practice
	Wed 19	10.00 - 12.30	Bodhicaryāvatāra (Afternoon free)
	Thu 20	10.00 - 12.30	Bodhicaryāvatāra
		2.30 - 4.00	Bodhicaryāvatāra
		4.30 - 5.00	Group photo
	Fri 21	10.00 - 12.30	Bodhicaryāvatāra
		2.30 - 4.00	Bodhicaryāvatāra
		7.00 - 10.00	Soirée - Please bring food and drink to share
	Sat 22		Day free
Week 2	Sun 23	11.00 - 12.30	The initiation of White Tara of the Wish-Fulfilling Wheel
		2.30 - 4.00	Bestowal of the White Tara instructions (Tri)
		4.15 - 4.45	Tangtong Gyalpo Chenrezik practice
	Mon 24	10.00 - 12.30	Bestowal of the White Tara instructions (Tri) (Break: 11.15 - 11.45am)
		2.30 - 4.00	Bestowal of the White Tara instructions (Tri)
		4.15 - 4.45	Tangtong Gyalpo Chenrezik practice
	Tue 25	10.30 - 12.30	White Tara practice
		2.30 - 4.30	White Tara practice
	Wed 26	10.30 - 12.30	White Tara practice (Afternoon free)
	Thu 27	10.30 - 12.30	White Tara practice
		2.30 - 4.30	White Tara practice
	Fri 28	10.30 - 12.30	White Tara practice
		2.30 - 4.30	White Tara practice

Facility Fee for the course: £250 for both weeks or £21 per day. Concessions available on request to changlochen@dechen.org. Children 18 yrs and under go free.

Facility fees are charged to cover the expenses of running the course and the annual upkeep of Sakya Changlochen Ling. Refuge and the bodhisattva vow will be given to everyone during the preliminary part of the initiations.

General useful information for Sakya Changlochen summer course 2026

European or Global Health Insurance Card: Ensure you have a valid EHIC or GHIC. EHIC cards have now been replaced by GHIC cards, but if your EHIC is still in date, you can use it until it expires. A GHIC lets you get medically necessary state healthcare in Europe at a reduced cost or sometimes for free. To apply online: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

Registration: When you arrive at Changlochen please register at the reception at the Little House, on the right of the track. Registration will be open at the beginning of the first and second weeks of the course.

Camping fees at Changlochen are £60 (€70) per person per week. There are limited spaces so please make your request to camp in advance. Some site maintenance responsibilities will be allocated to all those staying onsite on arrival.

Parking: All vehicles should be parked in the designated area.

Be mindful that during the course, you are representing the Dechen Community so please avoid disturbing our neighbours in the village - thank you.

Useful numbers

Brin d'Amour Campsite: +33 (0)553 07 23 73
Le Bugue Taxi: (Archambeau) +33 (0)553 07 10 70
Bergerac taxi: +33 (0)553 23 32 32
Doctor: Dr. J. Barrier, 28 Rue de la Republique, Le Bugue, +33 (0)553 07 22 50 (You can see him without an appointment - just call to make sure).

The Dechen Café will be open prior to the first session of the day, in the morning break, and during the lunch break, serving hot and cold drinks and light refreshments. It is possible to **sponsor the café** for a morning break for €100. This means that everyone present can have a free drink and snack for that session. Please ask at the café for details.

No lunch is provided but you are welcome to bring a picnic to eat onsite - picnic blankets are available for use. Food is also available at the local Brin d'Amour campsite.

The shrine room will be open 6.30am - 10.00pm for people to use for their daily practice before and after the teaching sessions. Please dress modestly and respectfully when in the shrine room.

Nominated medics will take care of anyone in case of accident or illness on site and will have a comprehensive first aid kit on site.

Ticks Please be mindful when walking in long grass and in the woods as ticks are present and can easily attach to bare legs etc. It is best to wear long trousers tucked into socks when walking in wilder areas.

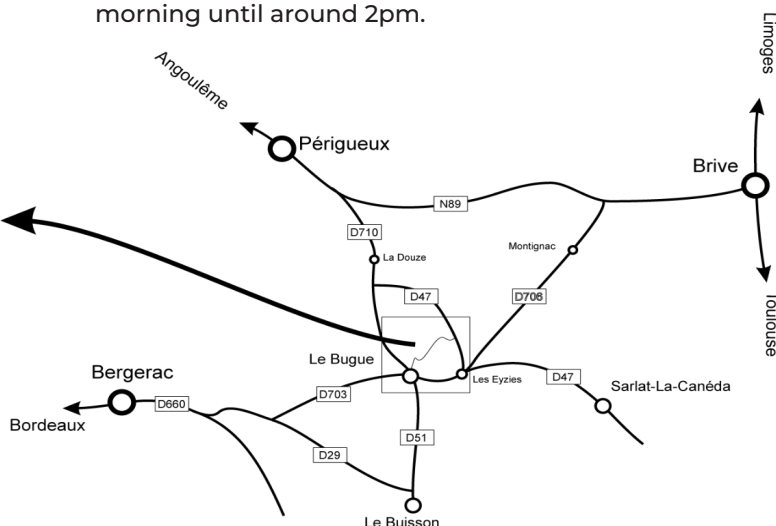
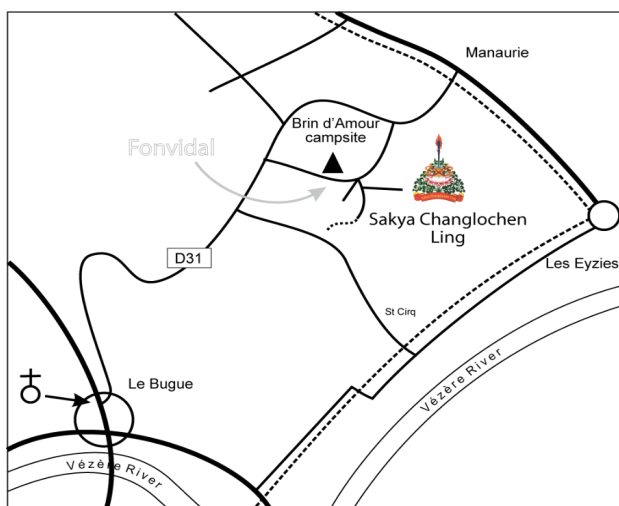
There is a **no-smoking** policy onsite and it is **illegal to light any fires** outdoors during the summer months. Wildfires can be experienced in the region and will be monitored closely by the course admin team.

Pets on site: Furry friends are welcome at Sakya Changlochen Ling. Please ensure that no pets (aside from assistance dogs) are in the shrine room or marquee during teachings - thank you.

There is a lot of activity needed before, during and after the course, from setting up the marquee to tidying the shrine room. All offers of help are very welcome - to find out more, please email changlochen@dechen.org or ask one of the organisers during the course.

Shopping

Brin d'Amour campsite has a small shop for basics. The nearest shops and supermarkets are in Le Bugue, 4 kilometres from Changlochen. The Intermarché is open daily from 9am to 7pm except Sunday: 9.00am to 12.30pm. There is a market in Le Bugue every Tuesday which makes the high street inaccessible to cars all morning until around 2pm.



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www.sakyabristol.org/about/sakya-changlochen-ling/