



SHAMBHALA  
DECHEN CHÖLING



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## ARRIVAL AND DEPARTURE

The programme dates you can find on our website correspond to the arrival and departure days of the programme. For typical programmes - with a length of around one week or more - the following information applies:

### Arrival Day

We ask you kindly to arrive at Dechen Chöling in the afternoon of the arrival day of the programme so you can check-in to your accommodation, register at our Office (usually between 16:00 and 18:45), and be in time for dinner (18:45). Most programmes then start in the evening around 20:00, with an orientation talk and a presentation from the teacher.

### Departure Day

To enable us to prepare accommodation in time for retreats beginning the same day, we ask you to kindly remove your belongings from your room/tent by 09:00 in the morning. Strip bedding from beds, and leave rooms/tents as tidy as possible. You do not need to leave Dechen Chöling by that time, luggage can be stored in the entrance of Drala hall or the Château. Please inform your co-ordinator if you wish to stay for lunch on departure day.

### Weekend programmes

For shorter programmes like weekend programmes or programmes with a length of 2 - 4 days, this information does not apply. Our weekend programmes usually finish at around 18:00, which is considered the official departure day. For more details, please consult the programme description of your programme

## TRAVELLING TO AND FROM DECHEN CHÖLING

### By Train & Shuttle Service

The main train station near Dechen Chöling is Limoges-Bénédictins (about 3 hours travel from Paris- Austerlitz station; 30 minutes from Dechen Chöling (20km).

If you need more information about train times, the SNCF website offers French and international timetables, fares and reservations: <https://www.sncf-connect.com/>

### By Plane

The Limoges - Bellegarde Airport is only 15 minutes by taxi. There are direct, cheap flights from several airports in the UK (London, East Midlands, Leeds, Manchester and Southampton) and France (Lyon and Paris). You can find other options by plane with [Google Flights](#)

### By Car

We are about 400 km (South) from Paris (4 hours) and 20 km (West) from Limoges (30 min).

### Shared ride

We support your consideration of using rideshare in order to minimize the cost for you and the environment. Send an email to [info@dechencholing.org](mailto:info@dechencholing.org) to see if there is a possibility of a ride share with other participants of your programme, or see the popular online service in France called BlaBlaCar: [www.blablacar.com](http://www.blablacar.com)

### International bus

Cheap international buses are also available from several European countries. See companies like Eurolines, Ouibus or Flixbus.

## DECHEN CHÖLING - TRAIN STATION or AIRPORT LIMOGES SHUTTLE SERVICE

**IMPORTANT:** to arrange your shuttle or taxi, please notify the Office on +33 (0) 5 55 03 55 52 or [info@dechencholing.org](mailto:info@dechencholing.org) at least **ONE WEEK before your arrival**. Your arrival and departure times dictate whether you can avail of our shuttle service or will require a regular taxi, even bus.

Dechen Chöling has set up a partnership with several taxi companies to transport you to Dechen Chöling at a discounted price during fixed hours on official arrival/departure days.

Depending on the program, this service offers 1 to 3 shuttles per day at a reduced price during the summer and one shuttle per day during the low season. Our shuttle service is only applicable to you if your travel is scheduled on the official arrival or departure days of your programme, between 08:00 and 19:45.

If your travel does not align with this shuttle service, you will have to pay the regular taxi service to Dechen Chöling or another possible means like regional bus.

### Shuttle Times

For our shuttle service, we do our best to arrange the most accommodating times for all participants, with 1-3 shuttles a day. Shuttles depart at specific, prearranged times, usually aligned with the main trains arriving from Paris- Austerlitz

### Rendezvous

Shuttles may take the form of cabs or vans. You will find them on the right side of the main exit of the station and the drivers will have your names on a list. Please note that taxi drivers will depart on time from the station/airport at the exact time specified in the transportation confirmation email you receive from us.

### **Prices of shuttle** (per passenger, one way)

Limoges - Bellegarde Airport: €20

Limoges - Bénédictins train station: €25

### **Payment**

The charges for this transport by shuttle will be made to Dechen Chöling at the Office during programme registration.

### **Delays**

If your journey is delayed it is your responsibility to contact us to make further arrangements by calling +33 (0) 5 55 03 55 52 during our office hours.

## **TAXIS**

If your travel is arranged outside of official arrival and departure days, or if it falls on a Sunday, a Bank Holiday, or between the hours of 19:45 and 08:00 (i.e. during the night) you will have to pay for a personal taxi to Dechen Chöling. We are happy to make the arrangements for you, but you will pay the driver in cash, and the rates are a little higher.

### **Prices** (per passenger, one way) • 8 AM to 8 PM, workdays / nights, sundays, holidays

Limoges - Bellegarde Airport: 35.- € / 40.- €

Limoges - Bénédictins train station: 45.- € / 55.- €

## **BUS**

The village of Saint Yrieix sous Aixe (where Dechen Chöling is located) is served several times a day by the regional bus line n° 70 (Limoges > Cognac la Forêt > Limoges). Ticket price: €2 (to be paid cash to the driver).

Departure from the Limoges bus station, Limoges - Terminal Cars, accessible from the main hall of the train station to St Yrieix Sous Aixe - La Garenne. Ride length: about 55 min. Times of departure: 12:00 and 18:30, even 16:25 (seasonally). We suggest you check if these times apply to your travel date by emailing our front office [info@dechencholing.org](mailto:info@dechencholing.org) or check on the [moovitapp](#)

## **ACCOMMODATION**

### **• Please read carefully •**

Standard accommodation in the summer is a two-person tent (and only off season, in a dormitory). Please expect to be accommodated in this way, unless confirmed otherwise by the office.

For this standard accommodation, we provide simple bedding consisting of mattress, fitted sheet, pillow and pillowcase. Therefore, you will need to bring your own towels and your own sleeping bag.

If you require full bedding (which additionally includes a duvet, duvet cover and towel) these are available for an additional €10 charge, subject to availability. Please inform us about a bedding request in advance by emailing [info@dechencholing.org](mailto:info@dechencholing.org).

## REGISTRATION AND DEPOSIT

Your place in the programme is only confirmed once we've received payment of your programme deposit. If you wish to pay the remaining balance before your arrival, you may do so by bank transfer or Credit Card (see below). Shambhala members can view their outstanding balance by logging into our website.

## PAYMENT

All payments are calculated and charged in Euros. At Dechen Chöling, we only accept payment by:

- Euros cash ( up to 1000.- € if paying for a programme )
- Credit Card (Visa and MasterCard, not American Express),
- French bank cheques (pay order to: Association Shambhala Europe)
- International money order in Euros (payable to: Association Shambhala Europe)

Please bring sufficient cash in Euros for all your personal needs, as there is no ATM or cash machine on land or nearby. Dechen Chöling is unable to offer cash-back services, nor currency exchange.

Should you have any finance related questions, or you wish to make a payment contact us on +33 (0)5 55 03 55 52 or email [info@dechencholing.org](mailto:info@dechencholing.org). You can also check the Programme Payment section of our [website](#).

## LANGUAGE & TRANSLATION

Our Shambhala programmes are generally taught in either English or French, please check the description of the programme on the website. Interpretation into French or English is offered, when requested, at no extra cost.

### Other Languages

Dechen Chöling is an international community and therefore endeavors to offer interpretation into other European languages where possible, also free of charge. Languages we can accommodate include German, Spanish, Dutch, Italian, Polish among others. After you make a request, our Programmes Department will be in contact with you about your translation needs. For questions about translation contact [programmes@dechencholing.org](mailto:programmes@dechencholing.org)

### Important:

Translation services are possible only if you register your request at least two months in advance of the programme. This better enables us to find a skilled interpreter for the programme. This can be done during registration or you can contact [programmes@dechencholing.org](mailto:programmes@dechencholing.org) directly.

## WHAT TO BRING

The weather is unpredictable at Dechen Chöling, and rain is always possible. Please be prepared for all types of weather: it can be mild, cold, hot, dry or rainy, sometimes all in one day! Be sure to pack a variety of clothes, suitable for all weather conditions. Please bring:

- shoes or boots appropriate for muddy days and walks in the countryside; a raincoat or umbrella
- warm clothes and house-shoes for inside the buildings, and slippers or thick socks for cool mornings in the meditation hall
- some dress clothes for closing banquets or celebrations
- your own towels and a sleeping bag or blanket (see Accommodation above for what is included in your bedding)

Please be aware that the accommodation will be in shared tents during summer months, and in dormitories or shared rooms from September until the end of April. Please bring all the comforts you may need for a good sleep (you may want to bring earplugs, a mask to cover your eyes, and a digital alarm clock).

## MEDICAL CONSIDERATIONS

It is important that you inform the Health and Wellbeing Representative at registration about any medical condition that may affect your stay at Dechen Chöling. You will be asked about information regarding any treatments, prescription medications you are taking, and your medical history. (This information will be treated with sensitivity).

**Please ensure that you have enough medication for the duration of your stay.** It is imperative that medication dosages are not altered without your physician's approval. Please note that some medications available in the U.S. and Canada are not available in France. It is recommended that you also bring your own supply of any non-prescription medicines that you might need, such as pain relievers, allergy medicine, lozenges, cold medicines, etc.

Our kitchen takes into account gluten and dairy intolerances by offering alternatives at every meal. For those who have a special diet for medical reasons, we suggest you bring any supplements such as non-perishable foods specific to your needs, vitamins and protein snacks with you.

## LAUNDRY

Laundry service is available for programmes longer than 2 weeks and costs €5 per load which is to be paid at the front office. Otherwise, laundry soap and basins are provided for hand-washing your clothing and personal items.

## ROTA

Rota is the work period developed to uphold the maintenance and uplifted atmosphere of the programme container in which you will be living. This is one of the meditation in action practices that Chögyam Trungpa Rinpoche designed as part of the daily schedule. It consists of approximately one hour of work per day, mainly in areas like household, kitchen and clean-up after meals.

If you have a physical situation that would affect your rota involvement, please let us know what kind of work you would be able to do: [programmes@dechencholing.org](mailto:programmes@dechencholing.org)

## FUNDRAISING

During your programme, you may be invited to attend our festive fundraising event. Since the yearly income from programmes does not cover the costs associated with running a retreat centre such as Dechen Chöling, we invite you to contribute as a monthly donor, towards the costs of a project, to "Polish the Jewel" or towards scholarships for those

who cannot afford our programmes.

Dechen Chöling belongs to us all and we would like to ensure we can share it with others – now and in the future. You may contribute with cash, by credit card or through your country's local bank account. Thank you in advance for your generosity and we look forward to seeing you here at this special place.

## TEACHER'S GIFT

It is customary to offer a teacher's gift as a sign of respect and appreciation. This gift is collected by the coordinator during the programme and presented on the last day. Please bring your gift in Euros or US Dollars. Note: We cannot take credit card payments for this purpose.

## BOUTIQUE

The boutique at Dechen Chöling offers practice material, Seminary transcripts, Dharma books, handmade jewellery, some personal items, snacks, coffee and hot drinks, postcards and stamps. For questions, reservations of practice materials etc. please write to [shop@dechencholing.org](mailto:shop@dechencholing.org) Cash and credit cards accepted.

## COMMUNICATION

The use of mobile phones during the day is restricted to ensure the contemplative quality of your retreat.

## MEMBERSHIP POLICY

Participation in any programme offered by the association of Dechen Chöling requires you to be up-to-date with the association's annual fee (€15), easily paid upon arrival. [Membership info](#).

## CANCELLATION POLICY

- **Up to two weeks prior to the programme start date**, your deposit will be reimbursed except for a registration fee of €45.
- **After the two-week deadline**, your deposit will be reimbursed except for a preparation fee of €180.
- **For cancellation on or after programme arrival day**, no refunds are possible.

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We are happy that you will be spending time with us, immersing yourself in Dharma teachings and in meditation practice. Please feel free to contact us if you have any questions or concerns.

Cheerful greetings,

The Dechen Chöling Staff