

## Cloistered Three-Year Retreat

Three-year, three-month retreats are a tradition in the Karma and Shangpa Kagyu lineages. Such retreats require cloistered areas, one for men and one for women. The course of study is structured, rigorous, and engaging, covering topics in Tibetan philosophy and yoga. Those chosen to do this are given the title of *lama* at the completion of the retreat. Below is the cloistered three-year retreat center for men--Naro Ling. Here David Curtis completed the retreat in 1992. If you are interested entering the three-year retreat and would like to know about the Tibetan component, contact David for more information ([info@tibetanlanguage.org](mailto:info@tibetanlanguage.org)).



**Dakshang Kagyu Ling in Burgundy, France**



**Three-Year Retreat cabin (9' X 12')**



**Inside the cloistered retreat center: Common garden with temple at the left.**



**1992 Magazine article featuring David on its cover: exiting the Three-Year Retreat.**