



# COURSE WITH LAMA OLE NYDAHL PRAGUE / 9<sup>TH</sup>–10<sup>TH</sup> FEBRUARY 2013

## PROGRAMME

### Saturday, February 9

11.00–12.00 lecture by a travelling teacher

12.00–14.00 meditation on 16<sup>th</sup> Karmapa

14.30–15.15 for those interested: a visit to the new place bought recently for the Prague Buddhist Centre.

Address: Na Manínách 17, Prague-Holešovice, tram station "Maniny"

16.00 lecture on "Buddhism in Modern Times" by Lama Ole Nydahl  
*There will be a party after the lecture.*

### Sunday, February 10

10.00–11.30 meditation session

13.00 lecture on "Teachings on Mahamudra" by Lama Ole Nydahl  
*Program is a subject to change.*

## THE VENUE

**Arena Sparta, Podvinný mlýn 2131/11, 190 00 Prague 9**

GPS: 50°6'30"N, 14°29'12"E

## TRANSLATION

The lectures will be held in English. On Saturday, there will be an on-stage translation into Czech and the translation into other languages via earphones. On Sunday the translation into all languages will be via earphones. Radio rental on the spot. We recommend to bring your own radio.

## PUBLIC TRANSPORT

### CONNECTION

**Lecture Hall -> Wenceslas Square**

8 minutes by walk to the metro station Českomoravská ("B" line), then by metro (direction Zličín) to Můstek station (10 minutes).

Metro service is available from 5.00–24.00.

### NIGHT CONNECTION

**Lecture Hall -> Wenceslas Square**

8 minutes by walk to the tram station Balabenka and then by tram number 52 to Wenceslas Square ("Václavské náměstí") station (18 minutes).

### TAXI

The cheapest are [www.taxiterminal.cz](http://www.taxiterminal.cz) – must be ordered via internet. – We recommend also: Profi Taxi – phone: +420 14015; Taxi Praha – phone: +420 222 111 000; Cheapest-taxi – phone: +420 226 000 226; Speed Cars – phone: +420 224 234 234. *More information about public transport available at the info-point.*

## MEALS

There will be meals and drinks available at the venue.

There are several places to eat near the venue, see the map.

We accept payments in Euros in the lecture hall.

## ACCOMODATION

Sleeping places will be provided in the lecture hall for Saturday night only.

Nearest hotels and hostels:

### I prefer budget price

**Ubytovna Bytostav, U Svobodárny 12, Prague 9**

[www.bytostav.eu](http://www.bytostav.eu)

(10 minutes by walk from the lecture hall)

**Ubytovna Harfa, Kolmá 7, Prague 9**

[www.tophostel.cz/ubytovny/harfa](http://www.tophostel.cz/ubytovny/harfa)

(10 minutes by tram)

**Hostel Centrum, Kovářská 15, Prague 9**

[www.hostel-centrum.cz](http://www.hostel-centrum.cz)

(10 minutes by walk from the lecture hall)

### I prefer quality

**Hotel Arlington \*\*\*, Kurta Konráda 22, Prague 9**

[www.arlingtonhotel.cz](http://www.arlingtonhotel.cz)

(10 minutes by walk from the lecture hall)

**Hotel Carol\*\*\*\*, Kurta Konráda 12, Prague 9**

[www.hotelcarol.com](http://www.hotelcarol.com)

(10 minutes by walk from the lecture hall)

**ClarionCongress Hotel Prague \*\*\*\*, Freyova 33, Prague 9**

[www.cchp.cz](http://www.cchp.cz)

(5 minutes by tram)

## PARTY

**Coverplace, Freyova 27/82, Prague 9**

Take the metro ("B" line) to the Vysočanská station (1 stop in direction "Černý Most"). Take the "Freyova street" exit. After ascending, you will pass the Fenix gallery and go by the rectangular building "Clarion hotel". Next, you will pass a square building (Hospodářská komora ČR) and finally you will be heading towards the park, where the main entrance to the complex is (on your right hand side).

## HOW TO HELP DURING THE COURSE?

### JOB center

is located at the lecture hall near translations boxes.

## EMERGENCY

Emergency situations only: +420 608 716 649

Medical emergency only: +420 777 952 270

## BUDDHIST CENTER

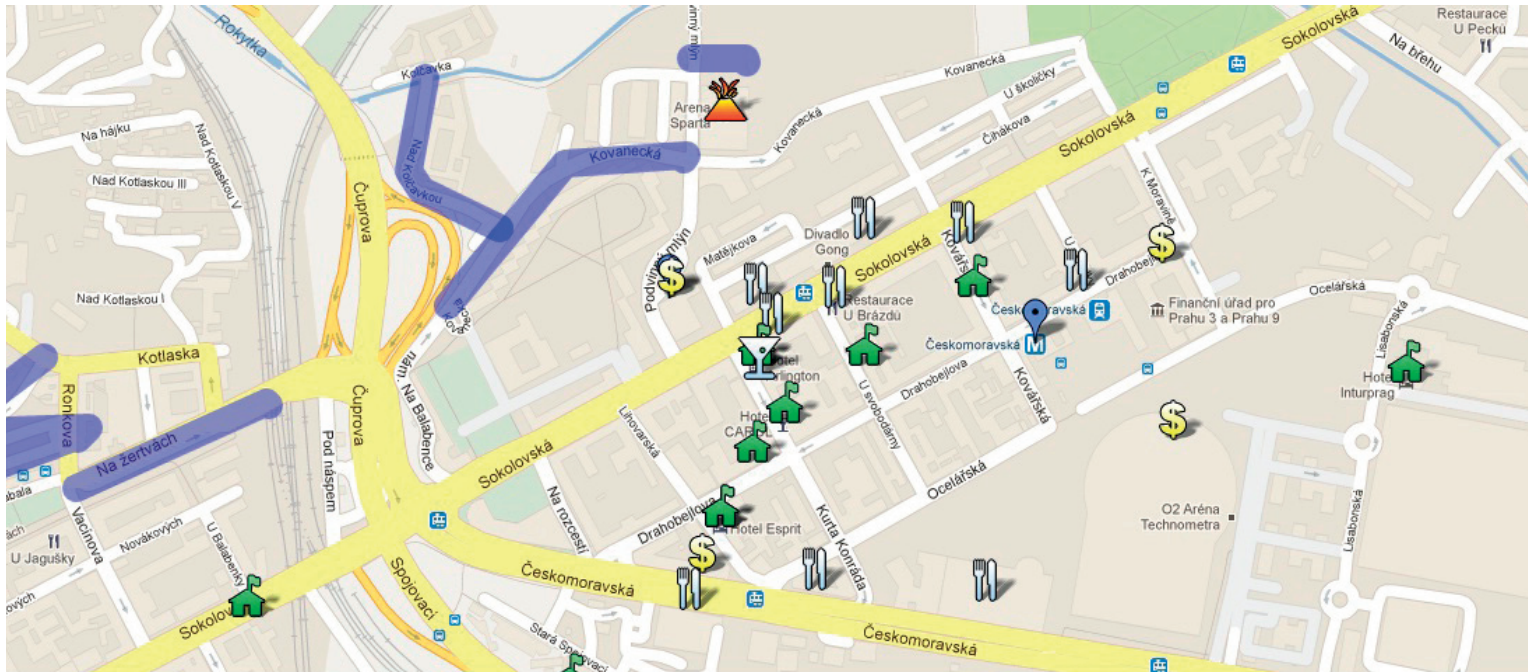
The Prague Buddhist Center will be closed from Friday morning till Sunday afternoon.







## PARKING

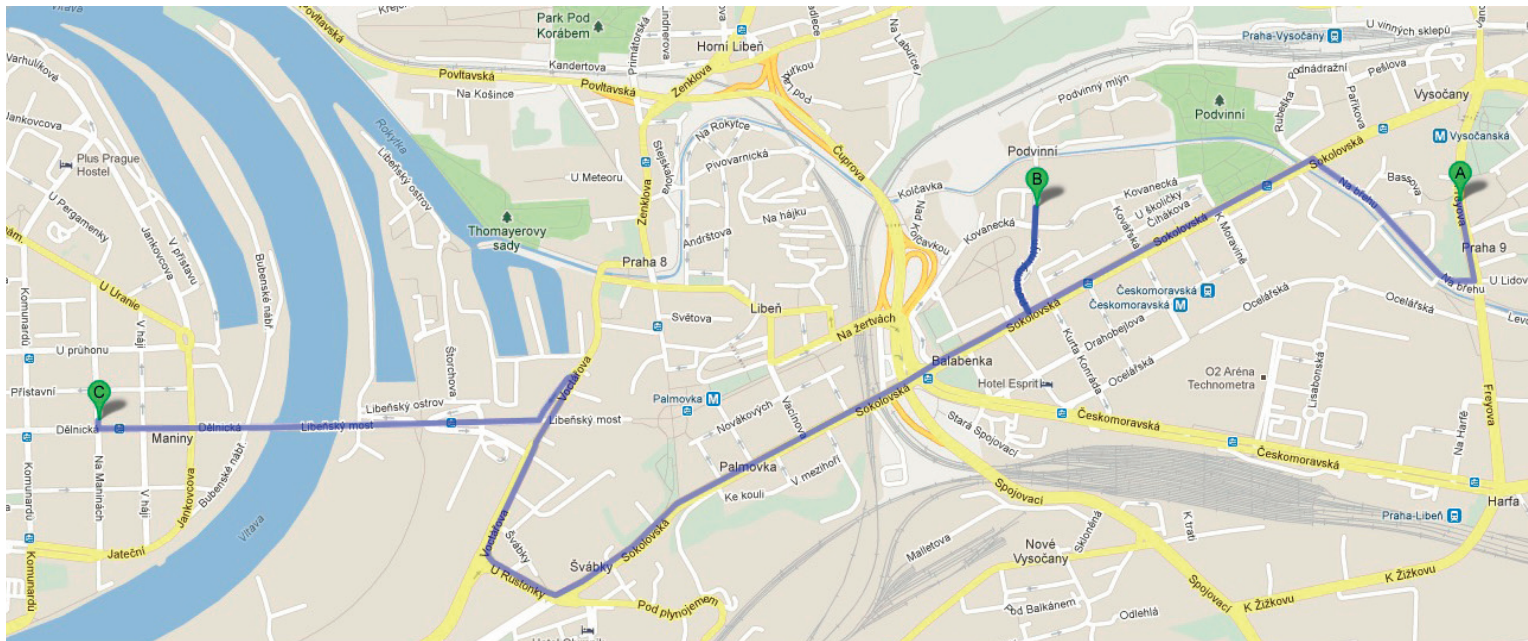
Please park only in recommended areas (see the map).

Do not park at the cross-roads or on the pavements.

**DO NOT LEAVE VALUABLES IN THE CAR.**



-  Lecture Hall
-  Parking
-  Hotel/Hostel
-  ATM
-  Restaurant
-  Bar



- A Party**  
Coverplace  
Freyova 27/82, 190 00 Prague 9
- B Lecture Hall**  
Arena Sparta  
Podvinný mlýn 2131/11, 190 00 Prague 9
- C Maniny**  
Na Maninách 1288/17A, 170 00 Prague 7

**Lecture Hall -> Party**  
17 minutes by walk or 2 stations from Divadlo Gong station to Nádraží Vysočany station by tram number 16 (2 minutes).

**Lecture Hall -> Maniny**  
10 minutes by tram number 16 from Divadlo Gong station to Palmovka station and then by tram number 12 to Maniny station.