

## **Opening to the Open**

*Learning, reflecting and meditating as active participation in dharma*

## **Dzogchen Summer Retreat with James Low and Sangha**

### **July 4<sup>th</sup> – 11<sup>th</sup> 2026 at Retreathaus Berghof, Germany**

The retreat will start on Saturday 4<sup>th</sup> July 2026 at 6 pm and will end at 1 pm on Saturday 11<sup>th</sup> July, followed by lunch and cleaning up the retreat house together.

This is a time of transition and unpredictability. Not only does the world change politically, economically and ecologically, but we as a group of James' students face a new stage, a new beginning. Given the state of his health, James asked the organisers of this retreat to look into new ways of meeting together: the Dharma teacher as the central figure recedes into the background, while the students are given more space to explore different facets of practice and explore possibilities to facilitate a common growth in Dharma.

With this, we invite you to a retreat offering a range of different practices and exercises designed to help entering into dialogue with ourselves, others, and the world. Experiencing ourselves through body, voice and mind, we want to look directly how our understanding of Dharma impacts us individually: What methods have I learned that help me to open and relax? How do I notice that I close myself off? How do I experience insecurity? And how can I create a bridge from my conceptual knowledge of Dharma to actual lived experience. To put it a different way, we want to explore the factors that turn our Dharma knowledge into wisdom and connectivity. James is planning to come to the retreat. Depending on his health, he would like to teach up to two sessions a day. This will allow plenty of time for activities, led by experienced students, in which we will have the opportunity to engage in bodywork, be in nature, open up inner spaces through using sound, explore Dzogchen texts and come closer to the primordial nature of our mind in meditation. So everyone is invited into active participation and all of this will allow us to see and act differently in our everyday lives.

James cannot guarantee whether and to what extent he will be able to be present and teach at this retreat – of course, we all hope, he will be! But whatever the situation may be in the summer, there will be time and space for practice, teaching, and exchange.

The teaching of James Low will be only in english.



James Low – Berghof Retreat 2025, Foto Martin Brüger

## Registration

Here you can register for the retreat and for room and meals. The rooms are allocated in the order in which they are registered. We ask for your understanding that rooms can only be booked for the entire period of the retreat. For registration do not send Emails to the Berghof office, please use the prepared online form at the Berghof homepage: <https://www.retreathaus-berghof.de/programm/>

## Course fee:

224,- € regular, 154,- € members of Retreathaus Berghof, 112,- € social price.

In addition to this Retreathaus Berghof course fee there will be the possibility to offer a dana to James Low to express your gratitude for the teachings.

## Prices for rooms and meals

Overnight stay per person and day including VAT:

Single room with bathroom 35,- €  
Double room with bathroom 27,- €  
Room with 4 beds and bathroom 20,- €  
Multi-bed area with one bathroom only 15,- €

Bed linen / towels if required 7 € per stay

Daily meal rate per person including VAT.

Full board 36,- €

Only lunch and dinner (if you stay overnight outside) 28 €

Tea, coffee, cookies (if you do not book meals in the house) 6 €

**Contact**

Retreathaus Berghof e. V.

Am Berg 1

D-63831 Wiesen (Spessart)

Germany

Phone: +49 152 0427 123

Email: [office@retreathaus-berghof.de](mailto:office@retreathaus-berghof.de)

<https://www.retreathaus-berghof.de>

**About Retreathaus Berghof e.V.**

The Tibetan name of the Berghof retreat house is Rinchen Bangdzö, "precious treasure". It was founded in 2015 by a group of students from the Tibetan Buddhist teacher and Tibetologist H.E. Dargyab Kyabgoen Rinpoche and serves as a seminar and retreat house for Tibet House Germany in Frankfurt, a renowned cultural institute and Buddhist study center under the patronage of H.H. the Dalai Lama and spiritual headed now by H.E. Zong Rinpoche.

Located at the edge of Wiesen, a small village in the Spessart Nature Park, surrounded by meadows and forests, we can devote ourselves to study and meditation here and, on the basis of these experiences, explore how we have to interweave our Buddhist practice with constructive action in our personal environment and within society. It offers a place for a temporary retreat from the hustle and bustle of everyday life in order to find access to more inner peace and deeper insights through meditation. We also offer Buddhist meditation courses and seminars.

The former country inn has a larger meditation or seminar room with seat mats and cushions for about 50-80 people, a small seminar room with tables and chairs for about 20 people, a small meditation room for 15 people and rooms for the participants to stay overnight. There is a well-equipped kitchen and two dining rooms. We provide a cook for vegetarian cuisine. Due to the location on the outskirts, you are usually completely undisturbed, even during walking meditations in our garden or on the forest paths. Beside the house there is a nice meadow with a walnut tree in the middle for outdoor activities and exercises.

We are open to cooperation events with other Buddhist, interreligious or ethical-ecological groups, as long as these are in line with the values and goals of Retreathaus Berghof e.V.

## **Travel Direction**

Wiesen can be reached by car in about an hour from Frankfurt/Main. The international airport Frankfurt / Main is 45 minutes away by car. The next long-distance train station is Aschaffenburg, the closest regional train station is Heigenbrücken. From Monday to Friday there are buses (20 min. drive) from Heigenbrücken to Wiesen, on Saturday and Sunday every 2 hours during the day.

Busschedule Heigenbrücken Bahnhof – Wiesen, busstop Ortsmitte

Please download the current schedule Line 28:

<https://www.kvg-mobil.de/verbindungen/linienfahrplaene>

## **Accommodation in the area**

Since it is unfortunately not possible to accommodate all participants in the retreat house for large courses, we have compiled a list of accommodation options in the area.

### Camping site, 3 km distance to Berghof

Camping Wiesbüttsee (06096 970256) [www.cris-camping.com](http://www.cris-camping.com)

The campsite is still being renovated and not available this year.

### Wiesen

Haus Schönblick [www.haus-schoenblick-wiesen.de](http://www.haus-schoenblick-wiesen.de)

Hella Elsässer (06096 252) and Sandra Elsässer (06096 603)

### Kleinkahl (7 km distance)

Gasthof Bamberger Mühle [www.bamberger-muehle.de](http://www.bamberger-muehle.de)

Pension an der Kahlquelle [www.pension-kahlquelle.de](http://www.pension-kahlquelle.de)

### Flörsbach (7 km distance)

Ferienwohnung Flörsbachtal drei Ulmen [www.ferienwohnung-drei-ulmen.de](http://www.ferienwohnung-drei-ulmen.de)

### Frammersbach (12 km distance)

Gästehaus Laubertal [www.gaestehaus-laubertal.de](http://www.gaestehaus-laubertal.de)

Landhotel Spessarttruh [www.landhotel-spessarttruh.de](http://www.landhotel-spessarttruh.de)

Gasthof zum Grünen Baum [www.gasthof-zumgruenenbaum.de](http://www.gasthof-zumgruenenbaum.de)

Gästehaus Blatz [www.gaestehaus-blatz.de](http://www.gaestehaus-blatz.de)

Gasthof zur frischen Quelle [www.diefrischequelle.de](http://www.diefrischequelle.de)

Pension Haus Sonnenhang [www.sonnenhang.de](http://www.sonnenhang.de)

### Heigenbrücken (14 km distance)

Privatpension Hasenstab [www.pensionhasenstab.de](http://www.pensionhasenstab.de)

Gasthof zur frischen Quelle [www.zurfrischenquelle-heigenbruecken.de](http://www.zurfrischenquelle-heigenbruecken.de)  
Pension Villa Walburga [www.pension-villa-walburga.de](http://www.pension-villa-walburga.de)  
Hotel Garni Berghof [www.hotelgarni-berghof.de](http://www.hotelgarni-berghof.de)  
Pension Haus Sonneck [www.pensionhaussonneck.de](http://www.pensionhaussonneck.de))  
Flairhotel Hochspessart [www.flairhotel.com](http://www.flairhotel.com)  
Hotel Villa Marburg [www.villa-marburg.de](http://www.villa-marburg.de)

Flörsbachtal (15 km distance)

Hotel Flörsbacher Hof [www.floersbacher-hof.de](http://www.floersbacher-hof.de)  
Hotel Waldeck [www.waldeck-spessart.de](http://www.waldeck-spessart.de)  
Bergdorf Spessart [www.bergdorf-spessart.de](http://www.bergdorf-spessart.de)