



AWAKENING THE SACRED BODY

Tibetan Yogas of Breath and Movement

THE OUTER, INNER AND SECRET TSA LUNG

JAN 23-24, 2016 ABIGAIL STUART HOUSE

9:00 am—5:00 pm each day

1002 Washington St SE Olympia, WA 98501

Join Bon meditation master Geshe Tenzin Wangyal Rinpoche, as he teaches a step-by-step means for identifying and clearing obstacles to meditation. Through the simple and powerful exercises of the Tsa Lung you can develop your ability to connect with and rest in a naturally joyful state by recognizing and releasing physical and emotional blocks, energetic disturbances and mental distractions.

Tsa , is Tibetan for channel, lung means vital breath or wind(prana).

Each exercise brings the focus of mind, breath and physical movement together, opening a chakra (energetic center) in the body, clearing what obstructs you from recognizing the pure and open space of being. This pure open space within is the source of all positive qualities and creativity. Abiding here encourages your positive qualities to emerge. Transform your life as you discover how obstacles can release & positive qualities germinate through engaging the tsa lung exercises. All levels of meditation practitioners are welcome.

The Tsa Lung movements can help you:

Clear gross obstacles such as those that cause disease or strong negative emotions.

Release or exhaust the momentum that drives obscuring thoughts.

Dissolve subtle obstacles disturbing your ability to know & rest in your natural mind.

Cultivate & connect with the clear & spacious mind, the source of healing & creativity.

EARLY BIRD REGISTRATION \$195.00 BEFORE 12.7.15

After \$225.00 (\$190.00 work-study)

US Funds check/money order payable to: Carel Camerer

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