

From: Spirit Room <spirit@ideaone.net>
Subject: **Spirit Room Hosts Tibetan Monk**
Date: May 30, 2008 9:21:28 AM CDT
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Tibetan Buddhist Retreat Weekend

June 13 to 15

Friday, 7 - 9 p.m.

Tibetan Buddhism

Saturday 9 a.m. - 4 p.m.

Six Paramitas

generosity, discipline, patience,
enthusiasm, meditation, wisdom

Sunday 9 a.m. - noon

Middle Way

Refuge Vows

(if you wish to take your vows please let us know)

**Vegetarian lunch will be served
Saturday afternoon**

**Suggested donation \$120
for complete weekend**

single-day attendance is welcome, donations can be pro-rated
accordingly - please register by phone or email - scholarship
available upon request



Khenpo Sherab Sangpo has been a monk since age 7 and has trained with some of the greatest meditation masters of Tibet. In addition to spending 4 years meditating in solitary retreat, he has spent nearly 20 years contemplating the profound philosophies of the Buddhist tradition. He teaches at monasteries in India, Nepal and meditation centers in the United States and abroad.

Khenpo has a wonderful - open teaching style that makes him a joy to listen to and learn from. His teaching is never a lecture and always has time for questions. He will be accompanied by his regular translator, Cortland Dahl of the Rime Foundation. All faiths are welcome, Buddhist beliefs are not required.

www.bodhicittasangha.org



Please visit our website for the schedule of classes and workshops.

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