

Transforming Negative Emotions

**Tuesday Evening Series
NOVEMBER 12 AND 19, 6:00 – 7:30pm**

**with
Ven. Tenzin Chogkyi**



This class will present various techniques and practices for transforming our painful experiences of disturbing emotions (such as anger, attachment, jealousy, depression, and anxiety) into something more positive. Beginners are welcome and encouraged, as well as more advanced students wanting to learn new techniques for dealing with emotions.

**at
Hayes Room, Kellogg-Hubbard Library
135 Main Street, Montpelier, Vermont**

Ven. Tenzin Chogkyi has been immersed in Buddhist study and practice since the early 90's and has completed several multi-year retreats. She is an excellent teacher who brings a tremendous amount of wisdom and practical application to her classes.

www.milarepacenter.org

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