



**Ligmincha Southern California**

*Is delighted to announce a weekend teaching and practice retreat with*

**Geshe Tenzin Wangyal Rinpoche**

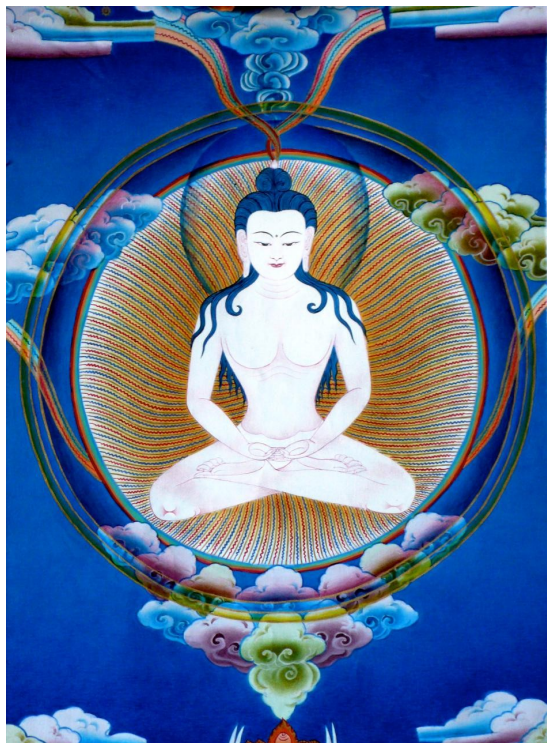
**February 10, 11 & 12, 2012**

Temescal Gateway Park - Pacific Palisades, California

## ***“Tibetan Yogas of Body, Speech and Mind”***

**R**egardless of where we are or what we are doing or how stuck we feel in our pain, our more positive qualities are always accessible to us through our body, speech and mind. Rather than always searching for happiness outside ourselves Rinpoche will show us how to look from a wider perspective and see the constantly present opportunity for reflection and connection with the joyful formless truth that is our authentic nature.

**G**eshe Tenzin Wangyal Rinpoche, drawing from a vast system of knowledge will teach the many ways that body, speech and mind can be accessed as doorways to happiness, contentment, better health and ultimately liberation. The portals of body, speech and mind are viewed as the pathways to enlightenment in all of the major spiritual traditions of Tibet. In fact, they are understood to be the only tools we have for progressing on our spiritual journeys.

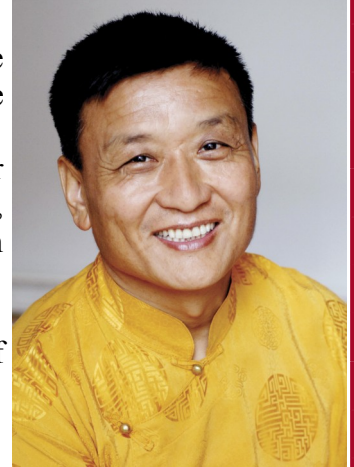


**E**verybody is looking for happiness and the causes of happiness. Everybody wants relief from the suffering and the causes of suffering. Yet we usually look for happiness and relief from suffering in all the wrong places and in the wrong ways. This weekend teaching retreat will help us to open the “doors” to our fullest potential.

For further information please contact  
Bob Anger  
310-369-4747 or [robert.anger@fox.com](mailto:robert.anger@fox.com)

# Geshe Tenzin Wangyal Rinpoche

**F**ounder and spiritual director of Ligmincha Institute, Tenzin Wangyal Rinpoche is a master of the Dzogchen meditative tradition of Tibet. Since he was thirteen years old, he practiced Dzogchen with masters from both the Bön and Buddhist schools: Lopen Sange Tenzin, Lopen Tenzin Namdak Rinpoche, and Geshe Yungdrung Namgyal. He completed an eleven year course of traditional studies in the Bön tradition at the Bön Monastic Center, Dolanji, HP, India, whereupon he qualified for the geshe degree. He is also an accomplished scholar in the Bön and the Buddhist textual traditions of philosophy, exegesis, and debating. In 1987 His Holiness the Dalai Lama appointed Tenzin Rinpoche to the Assembly of Tibetan People's Deputies of the Tibetan-Government-in-Exile as the official representative of the Bön tradition.



**T**enzin Wangyal Rinpoche was one of the first to bring the precious Bön Dzogchen teachings to the West when he was invited to teach in Italy by Chögyal Namkhai Norbu Rinpoche. He remains one of the few masters living in the West trained in the Bön tradition and qualified to teach.

**D**uring the 1991-92 academic year he was selected as a Rockefeller Fellow at Rice University in Houston, Texas. There he continued his research on early Bön Tantric deities and their relationship with Buddhist traditions in the early period of Buddhism in Tibet. Rice invited Rinpoche back to teach for the spring semester of 1993 and he was awarded a second Rockefeller Fellowship. He was awarded a National Endowment for the Humanities grant for 1994-95 to conduct academic research on the logical and philosophical aspects of the Bön tradition. His published books include: *Wonders of the Natural Mind*; *The Tibetan Yogas of Dream and Sleep*; *Healing with Form Energy and Light*; *Unbounded Wholeness*; *Tibetan Sound Healing* and the new *Tibetan Yogas of Body, Speech and Mind*.

**R**inpoche founded Ligmincha Institute in 1992 in order to preserve the culture, religious teachings, arts, sciences and languages of Tibet and Zhang Zhung. The wisdom teachings of Bön are concerned with the harmonious integration of internal and external energies, and, most importantly, with the spiritual path to enlightenment. Rinpoche resides in Charlottesville, Virginia, near Ligmincha Institute and his rural retreat center Serenity Ridge. He travels and teaches regularly throughout Europe and North and South America. As a result of his efforts Bön practice groups are meeting in more than a dozen countries.

Learn more at the Ligmincha Institute website: [www.Ligmincha.org](http://www.Ligmincha.org)

**Registration Form**

**“Tibetan Yogas of Body, Speech and Mind”**

A weekend meditation teaching and practice retreat with Geshe Tenzin Wangyal Rinpoche  
February 10, 11 & 12, 2012 - Temescal Gateway Park, Pacific Palisades, California

Please print this form, fill it in and mail it with your check to:

**Ligmincha Southern California - c/o Darlene Sessions - 2028 N Redding Way - Upland CA 91784-1431**

Please make your **check payable** to our treasurer: **Darlene Sessions**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

**Registration includes 5 meals: Saturday - Breakfast, Lunch & Dinner - Sunday - Breakfast & Lunch**

My registration will be postmarked before 12/15/2011 so I am sending a check payable to **Darlene Sessions** for **\$225.00**

My registration will be postmarked before 01/31/2012 so I am sending a check payable to **Darlene Sessions** for **\$250.00**

My registration will be postmarked after 01/31/2012 so I am sending a check payable to **Darlene Sessions** for **\$275.00**

Please reserve a bunk in a bungalow for me for the two nights at \$36.00 **per night** - **\$72.00** for Friday & Saturday nights.

*My meal preference is:*  **Vegetarian** -  **Non-vegetarian**

\*\*\*\*\* **Please note: \$30.00 will be charged for cancelled registrations!** \*\*\*\*\*

Please identify any conditions or limitations which we should consider for your well being: \_\_\_\_\_

This meditation teaching and practice retreat will be held at:

**Temescal Gateway Park - 15601 Sunset Boulevard - Pacific Palisades CA 90272**

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You may attend this retreat either as a commuter or residential. The lodging accommodations are dormitories that sleep 10 people each in bunk beds. This is camping/dormitory style lodging. Some smaller cabins are also available for \$200.00 per night on a first-come first-served basis.

***Bedding and towels are NOT provided.***

The bungalows are in very good condition with heating and air-conditioning, new furniture, etc. They are very close to the dining hall and a short walk from Stewart Hall where the teaching will be held.

The cost for a bunk in either the all-male or all-female dormitory is \$36.00 **per night**.

For further information please contact

Bob Anger

310-369-4747 or robert.anger@fox.com

All are welcome! - There are no prerequisites.

There are a limited number of work-study positions available at a reduced rate. Please let us know if you are interested.