



Ligmincha Southern California

Is delighted to announce a teaching and practice retreat with

Marcy Vaughn



“Exploring the Healing Power of Movement, Sound and Awareness”

March 20th & 21st, 2010

This March, Ligmincha Southern California offers an opportunity to learn and engage in two ancient energy practices from the Bön Buddhist tradition. In this two-day retreat in Los Angeles, you will be introduced and guided in simple yet profound meditation practices revealing a clear map to manifesting benefits in one’s life.

The contemplative practices of the Five Tsa Lung exercises, the Five Warrior Syllables of sound and the Five Fold Practice of working with the mind and awareness will be presented as a way to release negative and limiting patterns of our body, speech and mind.

We will use these practices to dissolve negativity, self-defeating habitual patterns, or energetic obstructions to joy and openness. As these obstructions release, we glimpse a more open and clear space of mind and can then more readily abide fully in the open awareness of our authentic being. Abiding in this openness is the best medicine for healing our lives and is the cultivation of unconditional love, compassion, joy creativity and equanimity.

Please join us as we personally and directly explore the power of transforming confusion into wisdom.

Marcy Vaughn is a senior student of Tenzin Wangyal Rinpoche and is the editor of many of his books. A practitioner of Buddhism since 1973, Marcy serves as practice leader for many of Ligmincha Institute’s retreats at Serenity Ridge. As the director of practice and support for Ligmincha, she works closely with Tenzin Wangyal to plan courses and educational projects. Marcy graduated from Naropa University’s M.A. Program in Contemplative Psychotherapy in 1977 and for several decades has lead retreats and training programs in meditation, taught mindfulness-based stress reduction programs for the University of Pennsylvania and trains therapists in the use of mind-body practices. She has a private counseling practice near Philadelphia, PA.

This two-day teaching and practice retreat will be held at a residence in the Los Feliz area of Los Angeles.

We will meet from 9:30 AM to 5:30 PM on Saturday and from 9:30 AM to 5:00 PM on Sunday.

The cost for this retreat is \$100. Please do not allow financial limitations prevent you from attending.

Registration: Please fill in the form below and mail it with your check to:

Ligmincha of Southern California - c/o Bob Anger - 929 Idaho Avenue # 7 - Santa Monica CA 90403-2957

Please make your check payable to our treasurer, **DARLENE SESSIONS**

Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Telephone: _____

Your registration will be confirmed by email or telephone and a map to the location provided.

For further information please contact Bob Anger

310-369-4747 - work

robert.anger@fox.com