



bermuda

# Tara

and

## Spirit House Bermuda

are pleased to present  
the Venerable

# Khenpo Migmar Tseten

Buddhist chaplain at Harvard University and  
Director of the Sakya Institute for Buddhist Studies in Cambridge

**A rare opportunity to learn wisdom teachings in Bermuda  
directly from a Tibetan master**

**Friday through Sunday, November 8<sup>th</sup>-10<sup>th</sup> 2013**

# Meditation, Mantra and Yoga

Lama Migmar is a recognized scholar, a master practitioner and is fluent in English.  
To our knowledge, this is the first time a Tibetan lama will visit Bermuda.

## **Love, Compassion, Joy and Equanimity** at Warwick Academy

**Friday public teaching** Nov 8<sup>th</sup> 7:00 p.m. Suggested donation \$20 adults, \$5 students.

Doors open at 6:30, Phoebe Purvis Memorial Hall. Arrive early. Entrance & parking off Morgans Road.

## **Blue Flower Meditation** for Calm and Focus

**Saturday morning** November 9<sup>th</sup> 8:00 – 9:30 a.m. \$20 suggested donation.

## **Green Tara Empowerment** for Protection

**Saturday morning** November 9<sup>th</sup> 10:00 a.m. – 11:30 a.m. \$20 sugg. donation. 12:00 Pot-luck lunch.

## **Life Saving Ceremony Cedar Planting and Dedication**

**Saturday afternoon** November 9<sup>th</sup> 1:00 – 2:00 p.m. Spirit House grounds. Bring a tree to bless.

## **Tibetan Yantra Yoga** for Energy

Green Tara empowerment required. 7 hour course. \$100 suggested donation.

**Saturday afternoon/evening** November 9<sup>th</sup> 2:30 – 4:30 p.m. and 7:00 – 9:00 p.m. **and**

**Sunday morning** November 10<sup>th</sup> 8:00 – 9:30 a.m. and 10:00 – 11:30 a.m. 12:00 Pot-luck lunch.

## **Medicine Buddha Empowerment** for Healing

**Sunday afternoon** November 10<sup>th</sup> 1:00 – 3:00 p.m. \$20 suggested donation.

No prior meditation or Buddhist study is necessary. Please arrive 20 minutes early to settle in - all events will start on time. Backjacks will be available, but please bring your own cushion/blanket/yoga mat for sitting. All events are a suggested \$20 donation except where noted. Schedule subject to change – please preregister for confirmation and notice of changes.

**Places are limited – to preregister, please email [dandmpstr@gmail.com](mailto:dandmpstr@gmail.com)  
Join us at Spirit House, 65 Middle Road, Devonshire for this very special occasion.**

