

NOVEMBER 28-30 FRIDAY-SUNDAY

UNRAVELING THE BASICS OF ASHTANGA YOGA

THE CLASSICAL EIGHT-LIMBED PATH

Beryl Bender Birch

FOR all levels. CE credits.

Are you curious about Ashtanga Yoga, yet hesitant to try it? Beryl Bender Birch has been safely introducing students to this brilliant methodology for nearly 35 years, working with yoga practitioners from all schools and traditions, athletes, baby boomers, beginners, and interested yogis of all kinds.

Beryl is a renowned master teacher and the best-selling author of *Power Yoga* and *Beyond Power Yoga*. With her guidance, learn how a classic Ashtanga practice can help you to rehabilitate and/or prevent injury, heal from illness and imbalance, and strengthen your body and mind through mindful movement and meditation.

TUITION \$225. Add 2 weekend nights room & meals; see page 96. (web code UBAY-141)



Beryl Bender Birch is the best-selling author of three yoga books and began meditation and consciousness studies in 1971. She traveled to India in 1974 and has been training

yoga teachers for 30 years.
www.power-yoga.com

NOVEMBER 28-30 FRIDAY-SUNDAY

A BUDDHIST HEALING RITUAL

DAKINI'S HEART-ESSENCE CHÖD

Lama Migmar Tseten

FOR everyone.

Healing Chöd is an ancient Buddhist ritual known for its power to alleviate physical, emotional, and mental illness and suffering. There are no instructions to follow or techniques to learn. One simply lies down, rests, and receives healing. Healing Chöd is suitable for everyone, including those with chronic and mild illnesses.

Healing Chöd rituals consist of music, prayers, and mantras in the sacred sounds of Sanskrit and Tibetan, transformative mudras and offerings, and meditation to cut through the destructive emotions and repel negative energies and obstacles. Empowerments are given to further increase healing blessings.

Dakini's Heart-Essence Chöd, led by Lama Migmar Tseten, is based on the female Buddha, Vajrayogini. It originated with the 10th-century Indian yogi and mystic, Mahasiddha Naropa. This healing tradition was passed down to Lama Migmar's guru, the great master Chogye Trichen Rinpoche, renowned worldwide as a powerful healer. Chogye Trichen Rinpoche was also the guru of His Holiness the Dalai Lama.

TUITION \$195. Add 2 weekend nights room & meals; see page 96. (web code BHR-142)

NOVEMBER 30-DECEMBER 2 SUNDAY-TUESDAY

HEALING THROUGH MEDICINE BUDDHA

Lama Migmar Tseten

FOR everyone; especially those in the healing arts.

Medicine Buddha, the guru of physicians, was first introduced to Tibet by the Indian Nalanda master Shantarakshita in the eighth century. Since then, Medicine Buddha has become a powerful spiritual healing practice in Tibetan Buddhism.

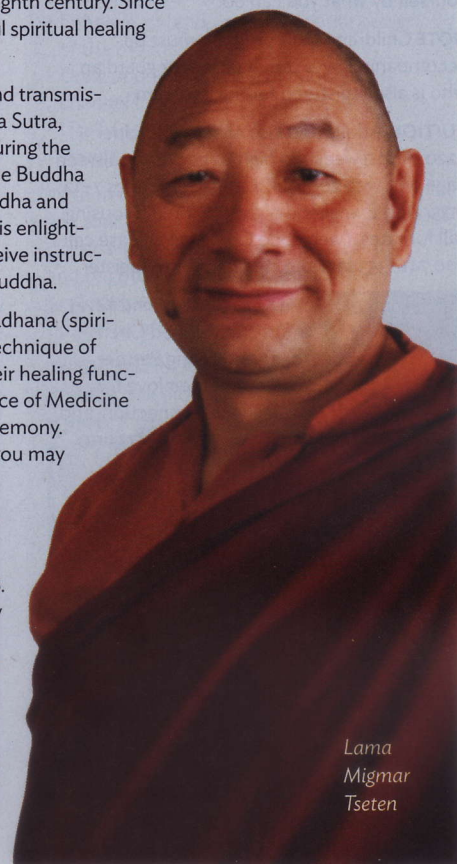
This special program begins with a teaching and transmission by Lama Migmar on the Medicine Buddha Sutra, emphasizing the healing of sentient beings. During the workshop, Lama Migmar bestows the Medicine Buddha Empowerment to connect with Medicine Buddha and receive the blessings and healing energies of his enlightened light body, mantra, and wisdom. You receive instruction on the meditation practice of Medicine Buddha.

Lama Migmar teaches how to combine the sadhana (spiritual practice) of Medicine Buddha with the technique of blessing medicinal substances to enhance their healing function. The workshop concludes with the practice of Medicine Buddha sadhana and a medicine-blessing ceremony. Please bring any fresh, unopened medicines you may have for this ceremony.

TUITION \$215. Add 2 midweek nights room & meals; see page 96. (web code HMB-141)

Lama Migmar Tseten was born in Tibet in 1956. He is Buddhist chaplain at Harvard University and director of the Sakya Institute in Cambridge, Massachusetts. www.lamamigmar.net

⊕ **COMBINE THESE PROGRAMS** for a 10 percent tuition discount for each program.



Lama Migmar Tseten