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**August 30–September 2, 2013 Friday–Monday**

## **Mangalam Yantra Yoga: Tibetan Yoga and Meditation**

### **Lama Migmar Tseten**

For those with min. 1 year yoga experience.

Yantra Yoga is designed to help you awaken fully to your Buddha nature through the use of physical postures (asana), breath-awareness exercises (pranayama), and meditative practices. Introduced to Tibet by the Mahasiddha Virupa in the 10th century, the practice of Yantra Yoga can help reduce stress, improve health, and deepen your meditative experience through techniques that positively affect your body and mind.

In this workshop led by Lama Migmar Tseten of Harvard University, you take part in a traditional Yantra Yoga initiation ceremony and learn to work directly with the body's energy systems by using Yantra Yoga postures, breathing exercises, and mantras.

Yantra Yoga was traditionally considered a secret teaching, offered to initiates of Vajrayana Buddhism only after many years of intensive preparation and meditation. For this reason, it has rarely been offered in the West. Given the nature of these teachings, at least one full year of yoga experience is required to participate.

**Note** This workshop is not appropriate for expectant mothers or people with major injuries



Lama Migmar Tseten was born in Tibet in 1956. In 1980, he received the Acharya degree from the Tibetan Institute at Varanasi, where he was recognized for academic achievement by His Holiness the Dalai Lama. In addition to his roles as Buddhist chaplain at Harvard University and director of the Sakya Institute of Buddhist Studies in Cambridge, Massachusetts, Lama Migmar has also served as the head of the Sakya Main Monastery at Puruwala,



exploring the yoga of life.

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Kripalu is 3 hours north of New York City.

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India, and Sakya Center at Rajpur, India, and directs the Sakya Retreat Center in Barre, Massachusetts. He supervised the editing of many rare volumes of Sakya literature.  
[www.lamamigmar.net](http://www.lamamigmar.net)



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