

Heart Sutra Retreat

**A Teaching with
Khenpo Lama Migmar Tseten**

**at Ewam Choden Tibetan
Buddhist Center**

**August 17-18, 2013
10:00 a.m. to 5:00 p.m.**



Lama Migmar Tseten

The retreat starts with the 16 Arhat Puja dedicated to the long life of Lama Kunga Rinpoche on Saturday morning. We will have a potluck lunch break both days.

The Heart Sutra is the essence of Buddha's wisdom training to realize the right view to guide the meditation and conduct in the right direction to go beyond. The sutra explicitly shows the right view and implicitly gives instruction on meditation, how to make that right view a personal realization.

Lama Migmar will give the teaching and lead meditation in English based on the original Sanskrit and Tibetan materials.

Location

Ewam Choden Tibetan Buddhist Center
254 Cambridge Avenue
Kensington, CA 94708

Pre-Registration is recommended due to limited space.

About Lama Migmar Tseten

Lama Migmar is a Buddhist chaplain at Harvard University. He leads retreats at Buddhist centers throughout North America. He founded the Sakya Institute in Cambridge, MA, and has served as the head of the Sakya Retreat Center in Barre, MA. He also served as the head of the Sakya Center in Rajpur, India, and the Sakya Monastery in Puruwalla, India, from 1981 to 1989.

Home Website Addresses

www.LamaMigmar.net
Sakya Center (www.sakya.net)

Registration Fee

\$ 150

Proceeds of the registration fee will be used for Lama Kunga Rinpoche's and Khenpo Migmar's charitable activities.

**TO REGISTER AND FOR MORE INFORMATION, GO TO
www.ewamchoden.org**

