

Meditation

An Afternoon of Teachings and Practice

with Lama Migmar Tseten

Saturday, March 26 1PM-4PM

at Roots to Wings Yoga and Healing

76 Newburyport Turnpike (US Rte. 1), Newbury, MA 01951

Join Lama Migmar Tseten for an enlightening afternoon of teachings and meditation practice. Lama will explain what meditation is, and will share some of his meditation experiences. He will discuss how meditation can help us to know ourselves and help others.

Lama will also give instruction in the five stages of *shamatha* or "calm-abiding" meditation, and we will practice *shamatha* meditation together.

The afternoon will conclude with a question and answer period. This is a wonderful opportunity to ask Lama anything you want to know about Buddhism, meditation, or even the problems of everyday life. So please bring your questions!

Suggested Donation at the door - \$30-\$45

to benefit Lama Migmar's

Mangalam Asian Art Preservation Project

Lama Migmar Tseten has served as Buddhist Chaplain at Harvard since 1997 and is the founder of Sakya Institute for Buddhist Studies in Cambridge, MA. He is the author of several books about Buddhism including *Awakening to the Noble Truth*, *The Wisdom Gone Beyond*, and *Treasures of the Sakya Tradition*. Lama Migmar teaches and leads retreats at Buddhist centers throughout the world. He is one of the lead faculty at the Kripalu Center in Stockbridge, MA.

lamamigmar.net

For more information contact

Roots To Wings Yoga and Healing Center

rootstowings.com (978) 463-9642

