



Mangalam Yantra Yoga Level I

At Sakya Center 59 Church Street Unit # 3 Harvard Square

OFFERED TWO SEPARATE WEEKEND SESSIONS

OCTOBER 4TH – NOVEMBER 22TH

OR

JANUARY 24 – MARCH 14, 2015

Morning session | 10AM – Noon

Lunch is provided | Noon – 1PM

Afternoon session | 1PM – 4PM

Program cost: \$1395.
Fee per weekend: \$200.
\$200 pre-registration discount
on full training 2 weeks before
the starting date.

Please register by e-mail:
mangalamyantrayoga@me.com

Kindly send a \$500
non-refundable check made
payable to SAKYA INSTITUTE
to reserve your place:

Sakya Center
PO Box 391042
Cambridge, MA 02139
or pay in person.

Work study is available
upon request. All proceeds are
donated to Mangalam Projects.

www.lamamigmar.net
mangalamyantrayoga@me.com

Guided by Lama Migmar Tseten, this training will offer an unparalleled opportunity to become part of an unbroken lineage of yogis . Mangalam Yantra Yoga techniques were passed down from Indian mahasiddhas to Tibetan Lamas in an unbroken lineage for over 1,000 years.

The Mangalam Yantra Level I intensive training is designed to give you an in depth immersion into Buddhist meditative practices, pranayama techniques and basic physical asanas.

OVER THE COURSE OF THIS TRAINING YOU WILL RECEIVE INSTRUCTION ON:

- The meditative practice of Green Tara
- Mental and physical purification techniques
- Healing pranayama exercises
- Bhavana, charya, dristi
- Kayashudi: twenty postures that can be used to cultivate a healthy body and a deeper awareness of your true inner nature.
- You will also receive the transmission for common and uncommon Ngondro practice.

**** Participants who complete all components of the program with full attendance will be eligible for a certificate of completion at the end of the training. While this certificate will not authorize you to teach, those who show exemplary aptitude for the practice may be authorized to do so on a case by case basis by Khenpo Migmar.**

WWW.LAMAMIGMAR.NET | MANGALAMYANTRAYOGA@ME.COM



Lama Migmar has been serving Harvard-wide student, faculties, and staff as a Buddhist Chaplain since 1997. He received both a traditional and a contemporary education in India. He graduated with an Acharya degree in 1979 from Tibetan Institute of Sanskrit University, Varanasi, India, and with first position every nine years among four schools of Tibetan Buddhism. He was awarded a medal for academic excellence by His Holiness The Dalai Lama. He was also recognized as Khenpo for his scholarship and service to the Dharma by His Holiness Sakya Trizin.

Lama Migmar served as the head of Sakya Center in Rajpur, India, and the Sakya Monastery in Puruwalla, India, from 1981 to 1989, taking care of the well being of several hundred monastic residents. During this time he reintroduced the original form of the geshe educational system of Tibet, with degrees from kashipa up to the rabjampa degree, with a curriculum that included all of the eighteen major texts, which are known as the Dragchen Chogyed.

Additionally, Lama Migmar supervised the editing and publication of over 50 rare volumes of Sakya literature including the 31 volumes of Sakya Lamdre and the rare Golden Manuscripts of the Five Founding Masters of Sakya. He founded Sakya Institute for Buddhist Studies in Cambridge, MA in 1990. He leads retreats at Buddhist centers throughout North America and Europe.