

Kripalu

PROGRAM SAMPLER

SATURDAY, NOVEMBER 30, 7:30–9:00 PM

**MINDFUL MEDITATION AND HEALING
MANTRA SINGING**
with Lama Migmar Tseten

Lama Migmar will introduce mindful meditation to bring calmness and insight to the cultivation of attention and awareness. This meditation is suitable for all. He will also introduce mantras for healings to overcome different sufferings.



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. He serves as Buddhist chaplain at Harvard University and director of the Sakya Institute of Buddhist Studies in Cambridge, Massachusetts. www.lamamigmar.net

All guests, staff, and volunteers are welcome to attend.
