



Sports Club/LA presents

The Yoga of Lucid Dreaming

Sunday, November 3rd
9:00am – 6:00pm

“Dream Yoga” (Milam), is a meditative practice from the Tibetan Buddhist tradition that can be used to cultivate lucid or conscious dreams. Based on the meditative practices of two realized Indian masters, this workshop will introduce you to techniques that can be used to transform the hours that you normally spend sleeping into further opportunities for insight and spiritual growth. This program is guided by Harvard University Buddhist Chaplain Lama Migmar Tseten and assisted by David Magone.

Members: \$150; non-members: \$175

Please contact Carrie Janik at cjanik@mp-sportsclub.com for more information.



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