



RANGJUNG YESHE INSTITUTE

Meditation



Calm Abiding: Śamatha, Clear Seeing: Vipāśyanā and Analytical Meditation

*Join us for weekly meditation and guidance
on cultivating a stable mind*

Lopon Ngawang Ludup will guide our practice and sit together with us. During the one-hour long sessions we will alternate between receiving instructions and applying them in practice. There are no prerequisites and you are welcome to join us any Friday.



Friday January 25 – April 26, 2019
No classes: March 15

FRIDAY

4:00 p.m. - 5:00 p.m.

VENUE

Classroom 104 at Rangjung Yeshe Institute
Ka-Nying Shedrub Ling Monastery, Boudha

FEES

No Charge – All are welcome,
including drop-ins

For Additional Information: Please contact Rangjung Yeshe Institute Office at

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✉ admin@ryi.org