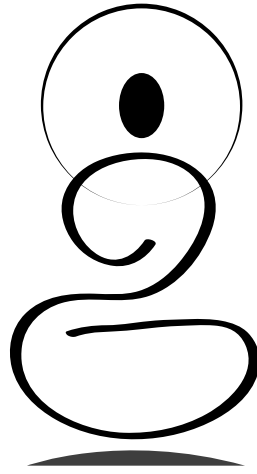




# RANGJUNG YESHE INSTITUTE

## *Meditation*



### **Calm Abiding: Śamatha and Clear Seeing: Vipāśyanā**

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

Based on Mipham Rinpoche's advice "On the Means of Accomplishing the Yogas of Śamatha and Vipāśyanā", Khenpo Tsondru Sangpo will guide our meditation 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 September 28 – December 14, 2018**

**No classes:** Oct 19, Nov 9, Nov 16 and Nov 23

**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*