

Drikung Dharma Surya Center
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MEDITATION

CALM-ABIDING SHAMATA

INSIGHT VIPASSANA

TEACHINGS, INSTRUCTIONS AND PRACTICES

VENERABLE KHEN RINPOCHE SAMDUP

SATURDAY and SUNDAY
FEBRUARY 16 & 17, 2019

10 AM to 12 Noon Morning Session
12 Noon to 1:30 PM Lunch Break
1:30 to 4 PM Afternoon Session



Body Meditation
7-Point Posture of Vairochana
Watching the Breath
Visualization of Objects
Mind Meditation
Analytical Meditation
Non-conceptual Meditation
Faults of Meditation



Samsara
Bodhichitta
Samadhi
Relaxation
Cutting Through
Letting Go
Increasing Effort
Nirvana
Selflessness
Bliss
Emptiness

Registration at the door
\$30 each day/ \$50 both days
No one turned away for lack of funds

For more information please contact: drikungdharma@gmail.com
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