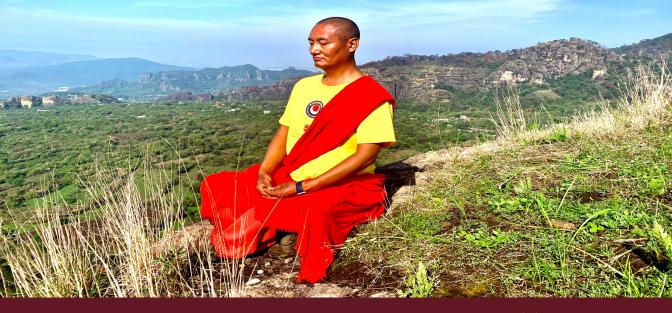
Weekend Guided Meditation Retreats

with Khenpo Samdup Rinpoche continuing 04-05 Sep thru 25-26 Sep 2021



04-05 Sep 2021, 9AM - 10:30AM, 11AM – 1PM EDT: Stages of Meditation: Generation Stage (Calm Abiding) Teaching & Practice ...continued 11 & 12 Sep - 18 & 19 Sep - 25 & 26 Sep 2021 ...offered to General Public of All Levels from All Walks of Life via Virtual Zoom

Languages: English-Vietnamese-Spanish

Email: drikungdharmasurya@gmail.com Website: drikungdharmasurya.org

All meditation must begin with arousing deep compassion.

Whatever one does must emerge from an attitude of love and benefiting others - *Milarepa*

Weekday Programs, Monday thru Friday, with Khenpo Samdup via Virtual Zoom

11 AM to 12 PM EDT: Virtual Achi Chokyi Drolma Practice, Achi Smoke Offering and Parnashavari Practice

