

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

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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



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