

opening the door to Tibetan Meditation practice

with Catherine Jetsun Yeshe

**Sunday May 27 and Sunday June 3
10:00am - 12:30pm**

Tibetan Buddhist practice includes the science of mind with the poetry of mind and is an amazingly skillful way to effect wholesome changes in consciousness. Through creative imaginings and movement exercises, we enter the sacred world of compassion.

\$100 for FOH members and \$160 for non-members includes both workshops.

ONGOING

Tibetan Meditation

Monday mornings
10:00am-12:00pm

Intermediate Meditation

Tuesday evenings
7:00pm - 9:00pm

Introduction to Insight

Wednesday evenings
7:00pm - 8:30pm

Meditation & Yoga

Thursday evenings
7:00pm - 9:00pm

T'ai Chi Chuan

Saturday mornings
10:00am-12:00pm

Tibetan Meditation NEW!

Sunday mornings
10:00am-12:00pm

UPCOMING

SPECIAL LECTURE

Illness & Strength
with Lama Catherine
Jetsun Yeshe

Wednesday May 16, 2007

7:30 - 9:00pm
at Snow Lion, 708 Pape Ave

**RETREATS - HARMONY
DAWN RETREAT CENTRE**

May 11-13, 2007

Lovingkindness
with Meg Salter

July 13-22, 2007

Mahamudra
with Catherine Jetsun Yeshe

SUMMER SCHEDULE STARTS JUNE 29

Tibetan Meditation

Monday mornings
10:00am-12:00pm

Open Meditation

Wednesday evenings
7:00pm - 8:30pm

Tibetan Meditation NEW!

Sunday mornings
10:00am-12:00pm



Catherine's meditation training began in 1969. Since then she has studied with His Holiness XVI Karmapa, head of the Kagyu lineage of Tibetan Buddhism, and with pre-eminent individuals like Ven. Kalu Rinpoche, Ven. Karma Thinley Rinpoche, Ven. Namgyal Rinpoche and John Coleman. She received her traditional teaching name, Lama Jetsun Yeshe, from Ven. Karma Thinley Rinpoche, a lineage master of the Sakya and Kagyu traditions of Tibetan Buddhism, in 2002.



Meditation Studies for Everyday Life

