



NYINGMA INSTITUTE

SPRING 2016 WORKSHOP

Resolving Problems

Saturday, April 16, 2016

10 AM—4:45PM

"By testing and refining understanding, we experience directly for ourselves how knowledge works. In time we find knowledge in our hands and in our voice; we know it so closely that there is no need to seek it or even give it names."

—TARTHANG TULKU, *Mastering Successful Work*.

Are your thoughts helpful? Do they resolve your problems at home and work? Why do some problems never get resolved and some situations seem hopelessly complex? Innovative cognitive and experiential exercises in this workshop show us new ways of thinking that address our problems directly. We feel better about ourselves and open new windows of opportunity.

Instructor: Barr Rosenberg.

Based on Tarthang Tulku's *Mastering Successful Work*.

Cost:

\$80

Open to all levels of students. Vegetarian lunch is provided.

Call (510) 809-1000 to register or email enquiries to nyingmainstitute.org

