



THE NYINGMA INSTITUTE Healing Body, Mind and Spirit

The Nyingma Institute was founded and is directed by Tibetan Lama Tarthang Tulku. Since 1972 the Nyingma Institute has pioneered ways to communicate the ancient teachings of Tibetan Buddhism to the Western world. The institute offers a wide range of classes, retreats, and weekend workshops.

SUNDAY MORNING PROGRAMS

MEDITATION 9:00 – 9:45 AM Cost: \$5

An opportunity to deepen your meditation practice. Each session includes brief meditation instruction followed by silent sitting. We are welcome to attend any Sunday session. *No pre-registration necessary*

TIBETAN YOGA (KUM NYE) RELAXATION 10:00 AM – NOON Cost: \$15

Discover the gentle movement exercises of Kum Nye: effective techniques for relaxation, healing, relieving tension, and revitalizing body and mind. In the rush of our lives, thoughts, feelings and sensations are relentlessly stimulated and agitated. With Kum Nye, we can learn to take better care of ourselves, calm body and minds, and sort out our thoughts and feelings in a positive way. Both experienced and beginning students are welcome to attend this drop-in class. *No pre-registration necessary*



SUNDAY EVENING PROGRAMS

TIBETAN CHANTING: 5:00 PM – 5:45 PM • TALKS: 6:00 PM – 7:00 PM • Free

For centuries mantras have been an integral part of Tibetan Buddhist spiritual practice. This tradition is continued at the Nyingma Institute, and every Sunday a Nyingma Institute senior student or faculty member leads participants in chanting a special mantra known as the "Vajra Guru Mantra." Calling on the power of compassionate wisdom.

The mantra is chanted in a slow melodious way that helps deepen meditation and activate inner healing. Approximately thirty minutes of chanting is followed by ten to fifteen minutes of silent sitting. Live-streaming is available online at our website.

SUNDAY EVENING TALKS March 2016 Focus on Mind and Meditation

March talks explore some of the many doors to meditation and insight, utilizing analysis, movement, and introspective practices that open heart and mind.

List of speakers and topics on opposite side.

SUNDAY EVENING TALKS continued

Sunday, March 6, 6-7 PM

Ken McKeon on "Self-Awareness-TSK Style"

Self-centered being is not a given, but only one option. As natural inquiry is activated, a delightful and varied openness becomes the revealed and revealing presence of human being. This talk will proceed through dialogue to engage this possibility based on the Time, Space, and Knowledge vision (TSK).

Sunday, March 13, 6-7 PM

Olivia Hurd on "Meditations that Awaken the Heart"

An awakened heart, embodying our deepest knowledge of truth and love, can be the door to the spiritual path. Meditation instructor Olivia Hurd will discuss and present meditative practices designed to cultivate the ground for such awakening.

Sunday, March 20, 6-7 PM

Sylvia Gretchen on "Mindful Awareness: A Tibetan Approach"

Mindfulness reveals a dynamic and creative aspect of experience that bridges the gap between 'inner' and 'outer'. With sustained practice, mindfulness enables spiritual qualities to emerge and develop within our stream of being. In this talk, Sylvia Gretchen, the co-dean of the Nyingma Institute, will focus on some special ways of developing mindfulness found in the Tibetan tradition.

Sunday, March 27, 6-7 PM

Barr Rosenberg on "Learning about Thinking"

Our education teaches us how to think, but teaches little about thinking. Will learning about thinking help us to think more productively? Yes! It allows us to clarify basic misconceptions about thought and to develop new approaches for gaining knowledge. Since we are all different, we learn about our own ways of thinking by observing our minds in action. This talk by the co-dean of the Nyingma Institute Barr Rosenberg offers guidance on what to look for and how to recognize and describe what you find.