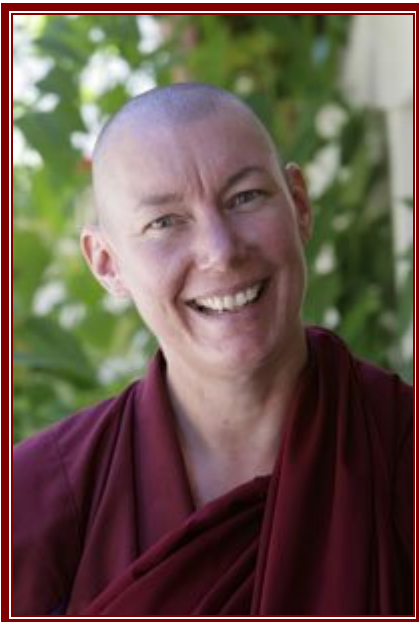


# Buddhist Teaching Retreat In Mount Shasta

with

## Venerable Tenzin Chogyi



Venerable Tenzin Chogyi became inspired by meditation after reading *Be Here Now* and *Autobiography of a Yogi* in the early 1970's.

- In 1991, she traveled to India and became a student not only of His Holiness the 14<sup>th</sup> Dalai Lama, but also of Kirti Tsenshab Rinpoche and Lama Zopa Rinpoche. During that year, she studied at Tushita Meditation Centre in Dharamsala and Kopan Monastery.
- In early 2000, she began a long, solitary retreat that lasted 6½ years. Tenzin Chogyi became ordained in the third year of her long retreat and then journeyed to India in 2004 for novice ordination with His Holiness.
- When she emerged from retreat in the summer of 2006, she moved to the Land of Medicine Buddha in California, where she taught both at LMB and the local community center in Santa Cruz.
- Since the summer of 2008, she has been teaching at various centers worldwide. In addition to touring, she is also based part-time at the Vajrapani Institute in Boulder Creek, California as of August 2009.

## October 30 – November 1

### RETREAT SCHEDULE

Date	Time	Location	Subject
Friday Oct. 30	6:00 pm - 9:00 pm	<b>Shasta Yoga Center</b> 201 N. Mt. Shasta Blvd (above the Black Bear Gallery)	Dealing with Emotions From a Buddhist Perspective
Saturday Oct. 31	10:00 am - 12:00 pm	<b>Private Residence</b> 1520 Shasta Acres Road (1.4 miles up McCloud Ave)	“Magic of Tibetan Buddhism” Teachings and Guided Meditation
	2:00 pm - 4:00 pm		Vajrasattva Practice
	6:00 pm - 7:30 pm		
Sunday Nov. 1	10:00 am - 12:00 pm	<b>Private Residence</b> 1520 Shasta Acres Road (1.4 miles up McCloud Ave)	“Magic of Tibetan Buddhism” Teachings and Guided Meditation
	2:00 pm - 4:00 pm		
	6:00 pm - 7:30 pm		Closing Meditation Practice

**Suggested donation is \$100 for entire retreat or \$15 for each individual session**

*No one is ever turned away for lack of funds*

**For questions please contact Lisa at 530-859-2782 or [aquaterra@snowcrest.net](mailto:aquaterra@snowcrest.net)**

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