

Meditation, Mindfulness, and Spirituality Event

Come and attend this very special occasion

Venerable Tenzin Tharpa

A fully ordained American Buddhist monk in the Tibetan Tradition, Venerable Tharpa is a teacher, author, and philosopher with over two decades in Buddhist studies, half of which spent in monastic universities throughout India. Well-known for his pragmatic, no-nonsense approach; his ability to clarify complex philosophical points for all audiences; and his familiarity with all forms of Buddhist thought and non-Buddhist traditions as well. A teacher who embodies our modern multicultural age.



Venerable Tenzin Tharpa is currently on a teaching pilgrimage of Southern Europe

Venerable Tharpa teaches on a wide variety of Buddhist, spiritual, and secular topics, teaching in almost any venue: dharma centers, coffee shops, and homes. Sharing skills on how to cultivate happiness, contentment, and stability in our daily lives. Venerable Tharpa has just completed a one-year pilgrimage of Buddhist Asia that included fifteen countries in which he explored over fifty unique spiritual communities. Prior to his pilgrimage, Venerable Tharpa completed ten-years of formal Buddhist study at the Tibetan Monastic Universities of Sera Jey Monastery and Gyudmed Tantric Monastery in South India. This occasion was marked with his latest book: *Tibetan Buddhist Essentials: A Study Guide for the Twenty-First Century*, available for free download at: TenzinTharpa.com. His teachings are open to all, regardless of experience or spiritual affiliation.

These programs are free and can include instruction on:

- Spirituality
- Buddhism
- Buddhist philosophy
- Meditation
- Mindfulness
- Loving-kindness meditation
- Q and A
- And one-on-one time after classes (as time allows)

Donations are accepted

Date:

Time:

You can contact Venerable Tharpa at: TenzinTharpa.com