

Shang Shung Institute Open House in Conway

Date : July 9, 2016

July 2, 2016

Conway MA



Learning Vajra Dance

About 60 participants and volunteers joined [Shang Shung Institute's](#) First Open House on July 2, 2016 at the Schoolhouse in Conway, MA. Participants from as far away as Buffalo NY and New Jersey and as near as Conway and literally next door, came together to learn about mindfulness and meditation, [Yantra Yoga](#), the [Dance of the Vajra that Benefits Beings](#), and [Khaita Joyful Dance](#). They were also invited to enjoy a lunch of traditional Tibetan food prepared by Yeshe Tsomo.



Enjoying Yeshe's cooking

The event was very successful and many new people enjoyed all that was offered and expressed interest to return and learn more! Thanks to Lauri Denyer who spearheaded the idea and was

instrumental in its implementation, to all the local Community members, the staff of Shang Shung Institute and friends who worked and helped to make the fledgling event very successful. Thanks also to the instructors Lynn Newdome, Bodhi Krause, Carisa O’Kelley and Naomi Zeitz for their presentations on “meditation”, Vajra Dance and Yantra Yoga. The Shang Shung Institute USA hopes to promote these Open Houses three times a year alternating between the Conway and other more urban locations to reach more people and bring all the wonderful methods of Chögyal Namkhai Norbu to a broader audience.



Lynn Newdome giving shine instruction



Yantra Yoga



Khaita with Bret



Bodhi and Carisa instructing for the Vajra Dance That Liberates Beings



Participants