

Tsegyalgar East, Conway, Massachusetts, USA

2020 Program

January 5, 10:00 - 11:00am

Lojong - The Special Mind Trainings

SMS Base Practice with authorized SMS instructor Lynn Newdome

January 5, 3:00 - 4:30pm

Damaru/Bell Study Session and Chod Collective Practice

January 11, January 25, & February 8, 10:00am-4:00pm

The Dance of the Song of the Vajra - Practice Days

led by authorized 2nd level Vajra Dance Instructor Bodhi

January 18, 7:00pm

Monthly Movie Night Educational Series Presents: The Departure

January 18 - 19

The Eight Lungsang and the Application of Rhythmic Breathing/Kumbhaka

with authorized 2nd level Yantra Yoga instructor Paula Barry

February 1 & 2, 10:00am-4:00pm

Practicing the Paramitas with authorized SMS instructor Lynn Newdome

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