



Bodhicitta Sangha

HEART OF ENLIGHTENMENT INSTITUTE
BUDDHIST MEDITATION TEACHINGS

bodhicittasangha.org

Guru Yoga Meditation Retreat with Khenpo Sherab Sangpo

Khenpo Sherab Sangpo is a professor in the Nyingma lineage of Tibetan Buddhism. He trained with some of the greatest meditation masters of Tibet and has spent nearly 20 years contemplating the profound philosophies of the Buddhist tradition, including several years meditating in solitary retreat. He travels the world teaching at monasteries in Tibet and Nepal, as well as at meditation communities in Asia and Europe. He is the Spiritual Director and Guiding Teacher of Bodhicitta Sangha | Heart of Enlightenment Institute with sanghas in Minneapolis, Duluth, Ely, and Hibbing, Minnesota. He teaches in English and is loved for his wisdom, his loving-kindness, and the joy he radiates when teaching his students to awaken their buddha nature.

VISIT BODHICITTASANGHA.ORG TO WATCH VIDEOS OF KHENPO SHERAB SANGPO'S TEACHINGS.

What: Guru Yoga Meditation Retreat
When: Saturday, 4/9/2016 from 9:00 am to 4:00 pm.
Registration opens at 8:30 am.
Teachings, guided meditation and time for your questions will alternate with breaks for tea and lunch.
Where: Tergar Meditation Center, 706 North 1st Street, Suite 112, Minneapolis, MN 55401 (Downtown Minneapolis - Warehouse District)
Cost: Teachings open to all. \$60 suggested donation. Scholarships available. Register online at bodhicittasangha.org or call our Registrar (Alan Lindblad) in Minneapolis at 612-568-7880.

Topic: Please join us for a retreat on Guru Yoga, a powerful meditation practice to merge our minds with the very heart of enlightenment—the heart of the Guru—who shows us our innate wisdom, love, and compassion. Open to all who wish to practice meditation to benefit all living beings!
If you really wish to benefit others, the first step is to attain realization yourself. You must first mature your own mind otherwise you will be incapable of helping others. Giving other people water is impossible unless you have a jug with water in it. If it is empty, you might make the gesture of pouring but no water will come out.
-Dilgo Khyentse Rinpoche

BODHICITTASANGHA.ORG

612-568-7880

Meditation

BODHICITTASANGHA.ORG

612-568-7880

Meditation

BODHICITTASANGHA.ORG

612-568-7880

Meditation

BODHICITTASANGHA.ORG

612-568-7880

Meditation

BODHICITTASANGHA.ORG

612-568-7880

Meditation

BODHICITTASANGHA.ORG

612-568-7880

Meditation

BODHICITTASANGHA.ORG

612-568-7880

Meditation

BODHICITTASANGHA.ORG

612-568-7880

Meditation

BODHICITTASANGHA.ORG

612-568-7880

Meditation

BODHICITTASANGHA.ORG

612-568-7880

Meditation