



RANGJUNG YESHE INSTITUTE

Meditation

Calm Abiding: Śamatha

Join us for weekly meditation and guidance on cultivating a stable mind.



Khenpo Tsonдру Sangpo will guide our practice and sit together with us. During the one-hour long sessions we will alternate between receiving instructions on the stages of śamatha and applying them in practice.

There are no prerequisites and you are welcome to join us any Friday.

VENUE: Zoom Meeting

TIME: Friday 5:00-6:00pm (NPT)

DATES: Sept 24 till Friday Dec 10th

No classes on Oct 15th and Nov 19th

FEES: No Charge – All are welcome, including drop-ins

Sign up by clicking on the link in this post or by visiting www.ryi.org where you will find information on how to join at the bottom right-hand side of the home page.