

Buddhist Reflections on Non-Violence

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Presented by The Nalanda Institute
Celebrating Martin Luther King Jr. Day
Monday, January 16th, 7 pm to 9 pm
Traditions Café, 300 5th Ave SW, Olympia
Free to the public



- ❖ Join us for a special viewing of a public talk on compassion given by His Holiness the Dalai Lama during his recent visit to the United States.
- ❖ Discussion on traditional Buddhist views of Non-violence will be lead by Geshe Jamyang T sultrim, founder of The Nalanda Institute, Center for Buddhist Meditation and Study. Geshe Jamyang holds a PhD level degree in traditional Buddhist Studies and Meditation and was a monk for over 20 years in India. He has been giving philosophical based Buddhist teachings for the past 15 years in the Olympia area and also holds a Master's degree in Western Psychology working as a local Mental Health Therapist.

786-1309 for more information