



The Nalanda Institute,
Center for Buddhist Study and Meditation

Deepening Your Spiritual Practice By Lama Pema Wangdak



Sunday, January 22: 2 to 5 PM
Capital Museum Coach House, 22nd & Columbia

If the idea of “living your practice” not just “doing your practice” sounds appealing, this is the workshop for you.

The spiritual path of Buddhism extends far beyond the meditation room. *Living* your practice is a means of both deepening your understanding of the teachings and advancing your progress on the path. Working from the text “Advice from a Spiritual Friend,” Lama Pema will give commentary and examples that move the teachings off the page and into your life. Ample time for questions and answers will be provided. Lama Pema is also long time associate of Geshe Jamyang.

Lama Pema is a highly respected and experienced teacher:

- **A monk since the age of seven**
- **A master’s degree from Central Institute of Higher Tibetan Studies, Benares, India.**
- **23 years teaching in New York**
- **Administrator of six Tibetan Buddhist Centers in NY, NJ & VT**
- **Creator of Tibetan Braille system**

Suggested donation \$20 public, \$15 members
More info: (360) 786-1309