



**The Nalanda Institute  
Annual Meditation Retreat  
With Geshe Jamyang Tsultrim  
June 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup>**

**Cultivating Altruistic Mind through a Weekend of Silent Meditation,  
Sadhana Practice, and Discussion**

Geshe Jamyang Tsultrim holds an advanced traditional degree in Buddhist studies and meditation awarded after ten consecutive years of study at Sakya Monastic College in India. Lama Jamyang was a Buddhist monk for twenty years and has studied with many senior Tibetan teachers in India and Nepal. He also taught at the Sakya Institute for two years in India. After coming to the USA, Jamyang obtained a Master's degree in Western psychology. He has been working as a mental health therapist and giving philosophical based Buddhist teachings for the last 15 years in the Olympia area.

**Beginning at 2 pm on the 16<sup>th</sup> and ending at 2 pm on the 18<sup>th</sup>  
Westwood Retreat Center 6015 30<sup>th</sup> Av SE, Lacey, WA  
Cost: \$150.00 Non-Members, \$125.00 Members; includes meals and lodging  
Scholarships are also available.**

**Please register by Friday, June 9<sup>th</sup>, so we have an accurate meal count.  
Payment and registration can be brought to Thursday evening meditation  
or mailed to:**

**The Nalanda Institute  
PO Box 11361  
Olympia, WA 98508  
360-786-1309**

**[www.nalandaolywa.org](http://www.nalandaolywa.org)**

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**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Number of Participants:** \_\_\_\_\_

**Payment Amt:** \_\_\_\_\_