

The Nalanda Institute
2007 Annual Retreat
“Transforming Ordinariness into Enlightenment”
Lama Migmar Tseten & Geshe Jamyang Tsultrim



Friday May 11th 10 AM through midday Sunday May 13th

Westwood (“Gwinwood”) Retreat Center, 6015 30th Ave SE, Lacey

**Cost: \$160.00 per participant (\$130.00 TNI pledge members);
includes meals and lodging.**

**To register, and make payment, please complete bottom portion
and submit to:**

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

Name: _____

Address: _____

Phone: _____

Email: _____

Number of participants: _____

Payment Amount: _____

Directions:

I-5 South: Take Pacific Ave Exit 108. Turn Left onto Pacific Ave. Follow Pacific Ave, which will *turn into* Lacey Blvd *after* the round about. Follow Lacey Blvd to Ruddell Rd. and turn Right onto Ruddell Rd. Follow Ruddell Rd to 25th Ave SE. and turn Left onto 25th Ave SE. Follow 25th Ave SE to Hicks Lake Rd SE and turn Right onto Hicks Lake Rd SE. Follow Hicks Lake Rd SE to 30th Ave SE and turn Left.

I-5 North: Take Pacific Ave Exit 108. Turn Right onto Pacific Ave. Follow remainder of instructions from above.

Items to Bring:

Meditation cushion, sleeping bag, toiletries, snacks if desired, & other personal items. For More information call (360) 786-1309 or visit our website www.nalandaolywa.org

Venerable Acharya Lama Migmar Tseten was born in 1956 at Chimdok, Gyaltsé in Central Tibet. He left Tibet with his family in 1959 and resettled in South India. In 1970 he became a monk and joined the Tibetan Institute at Sarnath, Varanasi, where he distinguished himself academically as he studied Buddhist philosophy and Tibetan literature under masters from the major Tibetan Buddhist lineages. He has received transmissions from many notables of the previous and current generations of Tibetan Buddhist teachers.

In 1981 at the request of H.H. Sakya Trizin, Lama Migmar became the head of the Sakya Main Monastery at Puruwalla, India and the Sakya Center at Rajpur, India. Lama Migmar founded the Sakya Institute in Cambridge, MA and is a Buddhist chaplain at Harvard University.

This will be an important West Coast appearance by Lama Migmar, who will present an ambitious series of teachings progressing from general Theravadan thought (understanding the ordinary), through Mahayana ideas about mind and emotions (including Lojong), to Vajrayana tantric schools, visualizations, and deity practices.