



Openness & Presence:
An Introduction to Buddhist
Meditation

April 5 & 6, 2008

Chagdud Gonpa Foundation/Rigdzin Ling
341 Red Hill Road
Junction City, CA 96049



This weekend program, open to the public, will include an introduction to different methods of meditation and the opportunity for discussion and practice. There will also be a chance to tour the Gonpa, meet some of the people who live and work there, and simply enjoy the beautiful land.

Allison Rader will facilitate the weekend retreat. She has spent many years in retreat at Rigdzin Ling, and has studied and practiced with Chagdud Tulku Rinpoche and Lama Drimed since 1991.

Rigdzin Ling is a Tibetan Buddhist retreat center, established in 1988 by His Eminence Chagdud Tulku Rinpoche to preserve the teachings and traditions of Vajrayana Buddhism.

Cost for weekend teachings: \$50

Price includes camping or dormitory accommodations Saturday evening and all meals.

Call (530) 623-2714, or e-mail info@chagdudgonpa.org for more information and/or to register.

(Part-time attendance is possible.)