

Tibetan Yoga

Lama Jigme Rinpoche

Yoga and Meditation

Feather River Kodenkan is offering a Tibetan Yoga class taught by Lama Jigme Rinpoche at their Dojo located in Quincy.

Lama Jigme Rinpoche is a great teacher of Tibetan Yoga. He moved to the United States about ten years ago, from the Tibetan Community in Dharmsala in Northern India. He now lives in Reno, Nevada teaching at the "Padma Rigdzin Ling Buddhist Center".

"Ven. Lama Jigme Rinpoche is a Tibetan Yogi and Meditation Master from the Lineage of the Longchen Nyinthig of the Nyingma School of Buddhism. He will be teaching about the ancient Tibetan Yoga Exercises, giving explanation and introduction to the benefits of the Tsa Lung Trulkor.

Rinpoche will also teach on the wind energy exercises and breathing exercises, as well as giving techniques for meditation."

What: Tibetan Yoga

When: Sunday, April 3, 2011

Where: Feather River Kodenkan Dojo

Time: 11 am to 1 pm

Price: A donation of \$20 or whatever you can afford would be appreciated.

Other: You can find out more about the "Padma Rigdzin Ling Buddhist Center" at this web site padmarigdzinling.wordpress.com



Feather River Kodenkan
Located in Quincy, California

Plumas Pines Shopping Center; next to Quincy Cafe.

Burkhard Bohm, Sensei

Evenings (530) 836-1148 Daytime (530) 836-2208

PO Box 1922, Portola, CA 96122

water@gotsky.com

More information: www.graeagle.com/feather/