

Tashi Choling Presents:

Body Speech Mind

A Meditation Workshop



Our workshop will be loosely based on Dzogchen Ponlop Rinpoche's ***Emotional Rescue*** and enhanced with additional sources. We will explore bringing awareness into all aspects of our lives—body, speech, mind, and perception—while still and while moving. We will have guided meditations, free time for more individual explorations, and discussions and interviews to clarify and deepen our practice.

Instructor: Lama Bruce Newman

Schedule: January 8-12
10-12:30; 2:30-5

Partial attendance is fine!

Location: **Dechen Ling, 688 Clay Street, Ashland**

Tuition: \$150 (suggested donation)

For more information, call us at 541-897-4290