



Palpung Yeshe Chökhör

Under the direction of 12th Tai Situ Rinpoche

Retreat with Yongey Mingyur Rinpoche



JOY OF LIVING

Unlocking the Secret & Science of Happiness
Living Arts Center, Mississauga

Yongey Mingyur Rinpoche, renowned Buddhist teacher, practitioner and author connects the principles of Tibetan Buddhism, neuroscience and quantum physics in a way that will influence our understanding of the human experience. Through meditation we discover how to transform obstacles into opportunities, to become aware of our true nature.

Amitabha and Land of bliss *Mahamudra approach*



Public talk: Joy of Living / Book Signing
Friday July 13, 7pm \$20

Amitabha and the Land of Bliss
Mahamudra approach
July 14-16, 8am-5:40pm \$80 per day

Amitabha Empowerment
July 14, 4pm \$30 (Empowerment only)

Participate in the entire program for \$260
Registration is required. Please mail or email

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