

1ST SATURDAY & SUNDAY  
OF THE MONTH



3:00-5:00pm

# JOIN THE PADMASAMBHAVA BUDDHIST CENTER FOR MONTHLY BUDDHIST MEDITATIONS AT 222 BOWERY, NYC

Dharma Talks • Meditation Instructions • Community Practice



## Ven. Khenpo Tsewang Dongyal Rinpoche

The Padmasambhava Buddhist Center was established by the renowned Vajrayana scholars and meditation masters, the Venerable Khenpo Rinpoches. Ven. Khenpo Tsewang Dongyal Rinpoche leads regular retreats and offers personal guidance worldwide and at his main retreat center Padma Samye Ling in upstate New York.



# BUDDHA SHAKYAMUNI

March 5 & 6  
*with* Lama Laia

Over 2,600 years ago Buddha Shakyamuni gave teachings on how to completely remove the causes of all suffering and difficulties, and to reveal the essential goodness of ourselves and others. We will reflect on his teachings & active our innate wisdom and loving kindness according to *The Blessing Treasure: A Sadhana of the Buddha Shakyamuni* by Mipham Rinpoche.

Bowery Meditation will be led by Lama Laia



## LAMA LAIA PEMA TSULTRIM

Resident monk and executive administrator  
at Padma Samye Ling since 1999.

Suggested Donation: \$10 per day • \$15 for full weekend

Everyone is warmly welcome regardless of funds or previous experience.

Please RSVP due to limited participation: [jowozegyal@catskill.net](mailto:jowozegyal@catskill.net) • Masks required. COVID-19 vaccine required.

*We extend our sincere gratitude to the John Giorno Foundation for generously supporting these events.*

The Padmasambhava Buddhist Center is a non-profit 501(c)(3) organization dedicated to preserving & sharing the lineage teachings of the Buddha and Guru Rinpoche. Learn more: [padmasambhava.org](http://padmasambhava.org)