



Coming to Your Computer

Two Live Webcasts, Two Online Workshops This October

October is a busy month at Serenity Ridge, including the [annual fall retreat with Geshe Tenzin Wangyal Rinpoche](#) and [dzogchen teachings with H.E. Menri Lopon Trinley Nyima Rinpoche](#)

. If you can't be with us in body, then be sure to join us on the Internet for these upcoming teachings with

Tenzin Wangyal Rinpoche

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Two free live webcasts:

- *Oct. 9, 2011* — Guided meditation practice (for our Internet audience only)
- *Oct. 12, 2011* — 'Clearing What's Blocking You.' Part of Tenzin Rinpoche's series on creativity, this will be a live broadcast of a free public talk offered in partnership with Unity Church, Charlottesville, Va.

[Learn more about these webcasts / enter the broadcast site >](#)

Two online workshops:

- *Oct. 15 - Dec. 3* — Introduction to the Five Elements: Healing With Form, Energy and Light. Seven-week online course mentored by John Jackson. [Learn more or register >](#)
- *Oct. 8-29, 2011* — Tibetan Sound Healing. A three-week interactive online course offered in partnership with Glidewing Productions. [Learn more or register >](#)