



Online Course Begins Oct. 15

Introduction to the Five Elements: Healing With Form, Energy and Light

This seven-week online course serves as an excellent introduction to Geshe Tenzin Wangyal Rinpoche's teachings on the Five Natural Elements. If you plan to attend this fall's Elements retreat in person with Rinpoche, it's also an excellent means for maintaining and deepening what you gain during that retreat.



Registration Now Open! Learn at your own pace from home while enjoying the support of classmates, the course mentor (John Jackson), and video teachings by Tenzin Wangyal Rinpoche.

In his teachings Tenzin Wangyal Rinpoche explores how each of the five elements relates to our daily experiences, emotions, and relationships. Rinpoche guides meditations for each of the elements, designed to help clear our obstacles and bring balance to our lives.

Included are assigned readings from Rinpoche's book *Healing With Form, Energy and Light*, journal writing, online discussion forums, and recommendations for formal and informal practice.

To learn more or register, visit www.ligminchalearning.com