

**Announcements Issue**

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**Upcoming Ligmincha Institute and GlideWing Workshops**

**Six Lokas, Tibetan Yogas and More**



Ligmincha Institute, through [www.ligminchalearning.com](http://www.ligminchalearning.com) is offering an online meditation course

**April 14–June 1 on**

“Transforming Our Emotions Through the Six Lokas.” At one time or another each of us suffers strong emotions that throw us off balance, cause us to act in ways that we later regret, and make us lose touch with our true nature. Centuries ago the masters of the Bon lineage developed the meditations of the Six Lokas specifically to help us live our lives in a balanced and relaxed way. Look for another Ligmincha Institute course this summer (date TBD) on the topic “Introduction to the Five Elements: Healing with Form, Energy and Light.”

[Learn more](#)

“Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement” will be offered **April 20–May 12**

through GlideWing.com. This three-week online workshop, with personal guidance from Geshe Tenzin Wangyal Rinpoche, makes accessible the ancient Tibetan yogic practices of breath and movement to awaken your subtle energy body and to open and clear your energy centers and channels. Also coming up on June 8–July 7 is a GlideWing workshop on “Tibetan Dream Yoga,” a powerful tool used for hundreds of years by the great masters of the Tibetan traditions. Learn from Tenzin Rinpoche how the practice of dream yoga can deepen your awareness during all of your experience.

[Learn more](#)

Tenzin Rinpoche also will be one of four teachers participating in a **May 2013** E-Retreat sponsored by Advaya Institute. The monthlong series of video teachings on “Practicing Compassion in Daily Life” can be viewed whenever convenient. Rinpoche's teachings will be broadcast live on May 23 and May 28.

[Learn more](#)

[More info on Rinpoche's online program](#)