

**Teachings Issue**

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**'Tibetan Dream Yoga' Online Workshop Starts June 8**

**Four-Week GlideWing Workshop with Rinpoche Begins Soon!**



The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, "Tibetan Dream Yoga," begins Saturday, June 8, 2013. Learn and practice from your own home, at your own schedule, with personal guidance from Geshe Tenzin Wangyal Rinpoche.

In this four-week workshop (June 8–July 7), students will explore and practice the ancient Bon Buddhist teachings of Tibetan dream yoga. The workshop provides detailed instruction for dream yoga practice, with discussions of the relationships between dreaming and waking and between dreaming and death. Rinpoche also will provide instructions for foundational practices done during the day and for the uses and methods of lucid dreaming.

[Learn more/view introductory video](#)

In the near future, an online three-week GlideWing workshop, "Tibetan Sound Healing," will be offered Aug. 3–25.

[Learn more](#)