



New Next GlideWing Workshop Begins April 30

Tibetan Meditation — Achieving Great Bliss Through Open Awareness

A new GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Tibetan Meditation: Achieving Great Bliss Through Pure Awareness,” will be held April 30–May 22, 2015. This ancient Tibetan meditation practice teaches you to enter the state of pure awareness that leads to peace, joy, and ultimately, to full self-realization. Learn and practice from your own home, at your own schedule, with personal guidance from Geshe Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha Institute.

These teachings are a direct introduction to the nature of mind. Not only will you learn how to heal your day-to-day life, make it lighter and more joyful, but through the profound simplicity of this practice, you can recognize and connect with your innermost essence, the nature of your mind. Personal support and guidance is provided by Geshe Tenzin Wangyal Rinpoche.

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