



## Next Glidewing Online Workshops Begin August 6 and September 17

### Tenzin Wangyal Rinpoche Teaches on Sacred Arts and Dream Yoga



**Beginning August 6:** “Awakening the Sacred Arts – Discovering Your Creative Potential” is the next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, set for August 6–September 4, 2016. This four-week online workshop is for anyone who seeks to usher a vision into reality, whether through creative problem solving, personal growth or bringing creative artistry to a whole new level. Join us for this opportunity to free yourself from creative obstacles, nurture your capacity for joyful self-expression and make positive changes in your life.

[Learn more/register](#)



**Beginning September 17:** “Tibetan Dream Yoga” will be held from September 17–October 16. In this four-week online workshop, participants will receive detailed instructions in the Bön Buddhist practice of Tibetan Dream Yoga. This ancient practice is a powerful tool of awakening

– it deepens our awareness both in the dreamlike experience of the day and during our dreams at night. Based on Rinpoche's best-selling book

[The Tibetan Yogas of Dream and Sleep](#)

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[Learn more/register](#)

GlideWing Online Workshops Feature:

- Instruction provided by Tenzin Wangyal Rinpoche via Internet-based video.
- Four weeks of personal guidance and support as you work with the practices.
- No set class times; instructional videos remain available throughout the course.
- Practice in the comfort of your home, on your own schedule.
- Easy-to-use course site.
- All you need is a broadband Internet connection, such as DSL or cable.