



Next Ligmincha Learning Online Course Starts March 3 'The Five Elements: Healing with Form, Energy and Light'



Sign up now for Ligmincha Learning's six-week online course with Tenzin Wangyal Rinpoche on "The Five Elements: Healing with Form, Energy and Light." This course runs from March 3–April 14, 2017.

In this course 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.

Each section of the course includes a video of Rinpoche's teaching, Rinpoche leading a guided meditation, readings from his book *Healing with Form, Energy and Light* and assignments for journal writing, discussion, and formal and informal practice. The course is designed so that you may integrate study and practice into your everyday routine, learning at your own pace, yet enjoying the support of classmates and the course mentor.

[Learn more and register](#)

Upcoming Ligmincha Learning online course May 5–June 10, 2017: [The Three Heart Mantras](#)