



## Support Ligmincha International's Practice Group Leaders

### First International Practice Retreat for Umdzes Set for March



*Umdze Marcy Vaughn at Serenity Ridge* Umdzes, or practice group leaders, play an important role in our Ligmincha sanghas, presenting and guiding the practices of the ancient Tibetan Bon spiritual tradition. In the international Ligmincha community, umdzes in 25 countries are authorized to offer regular online and in-person practice and other programs in their own languages.

The training and commitments required to serve in such a role are significant. By supporting them to develop and deepen their practice, you can contribute to the health and vitality of local and online practice groups, preserving the ancient teachings of Bon and presenting them in culturally appropriate, accessible ways applicable to modern life.

In 2023 we hope to show our appreciation of and commitment to those serving in such roles

with more support. The first-ever international practice retreat for umdzes will be held in Valle de Bravo Mexico in March, and practice leaders only need to provide their transportation costs. In addition, Serenity Ridge Retreat Center is creating opportunities for umdzes to stay and practice at the center (also without any cost to the umdzes other than travel). And we hope to make scholarship funds available for umdzes seeking to deepen their study of the practices taught by Tenzin Wangyal Rinpoche.

To make these things happen, however, we need your financial assistance. Our goal is to raise \$5,000 initially. Thank you for considering a donation to this program. Your contribution will help expand and sustain international, national and regional Ligmincha practice groups for the benefit of many! Please note "umdze training" in the Comment section of the donation form.

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