

Announcements Issue

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[Read the full issue.](#)



Letter from the Editors

Teamwork Making It All Happen at Ligmincha International

Dear Friends,

These are busy days at Ligmincha International! Tenzin Wangyal Rinpoche has inspired so many volunteers nearly everywhere around the world, together working to make different projects manifest ... including his FREE live Facebook broadcasts, called TWR LIVE, that he is giving every few days. Read the details below on how to connect [More](#)



New TWR LIVE Series Begins April 11

Sleep Yoga, Live on Facebook with Tenzin Wangyal Rinpoche

Tenzin Wangyal Rinpoche has launched an innovative way for you to connect with him, the ancient Tibetan teachings and fellow students around the world through regular live broadcasts that can be easily viewed on Rinpoche's Facebook page. All broadcasts are free and open to all—you don't need a Facebook account to view them. [More](#)



Update on Ligmincha's Fall 25th Anniversary Celebrations!

Fall Retreat, October 22 Anniversary Celebration, Science and Spirituality Conference

Join us for a series of special teachings and events this fall at Serenity Ridge Retreat Center in honor of the 25th anniversary of Ligmincha International. We warmly invite our Ligmincha International sangha to join us at Serenity Ridge in Virginia, headquarters of the international organization, for this special celebration. [More](#)



Request for Photos for 25th Anniversary Book

Share Your Ligmincha Gems With All of Us

One of our main projects to celebrate the 25th Anniversary of Ligmincha International is the production of a special edition book highlighting the history of Ligmincha and Tenzin Wangyal Rinpoche's teachings all over the world.

To create this special edition, we need your help in collecting beautiful photos from different periods in Ligmincha's development, starting in 1992 and continuing up through the present. [More](#)



Free GlideWing Online Course Starts April 8

'Focusing and Calming Your Mind – The Tibetan Practice of Zhine'

Geshe Tenzin Wangyal Rinpoche will offer a free two-week online beginning meditation workshop through GlideWing starting April 8. The title is “Focusing and Calming Your Mind: The Tibetan Practice of Zhiné.” [More](#)



Summer Retreat Invitation from Tenzin Wangyal Rinpoche

Early-bird Discount Ends May 11; New Practice Retreat Option

Both new and continuing students are warmly invited to gather at Serenity Ridge for this special summer retreat with Geshe Tenzin Wangyal Rinpoche. This year marks the 25th anniversary of Rinpoche’s founding of Ligmincha International.

Rinpoche has graciously agreed to teach on two topics this summer: pith instructions on the nature of mind (dzogchen) and teachings from Bön Mother Tantra. These are the focus of Rinpoche’s own personal practice and the core of his teachings for the past 25 years. [More](#)



Next Ligmincha Learning Online Course Starts May 5

'The Three Heart Mantras'

Sign up now for Ligmincha Learning's five-week online course with Tenzin Wangyal Rinpoche on “The Three Heart Mantras.” This course runs from May 5–June 10, 2017, and is being offered at a new lower price. [More](#)



Dzogchen Teachings at Lishu Institute

Consider In-Depth Study in Residential Program

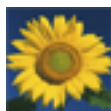
Lishu Institute announces the third year of its in-depth residential program of study. The year will focus on the study of dzogchen, the nature of mind, transmitted through the teachings of the Zhang Zhung Nyen Gyü. Anyone is welcome to apply, whether or not you have attended the first two years of the program. [More](#)



3 Doors Expands Its Programs

Practical Applications for Meditation in Everyday Life

This year The 3 Doors is expanding its Compassion Project, Conscious Leadership Workshop and Body Wisdom programs. Building on the continued success of the nine-month Compassion Project, Senior 3 Doors teachers Marcy Vaughn and Gabriel Rocco will lead a five-week Compassion Project class in May and a live online nine-month program that will begin in September. [More](#)



Alejandro Chaoul-Reich to Speak at "Chöd" Conference in July

Hosted at Tara Mandala in Pagosa Springs, Colorado

Alejandro Chaoul, Ph.D., senior student of Tenzin Wangyal Rinpoche, will be a presenter at the [Historic First International Chöd-Zhijé Conference](#) to be held July 12-16, 2017. [More](#)



Ligmincha International's Board of Directors Newest Member Joins Dedicated Group of Volunteers

Did you know that Ligmincha International is run by a Board of Directors, a group of dedicated volunteer leaders and a small administrative staff? Many of the activities and projects that are continually under way at Ligmincha are managed and implemented by these volunteers, who are vital to the success of the organization.

The newest board member is Frank Jeri Gomez of Peru. [More](#)



Ligmincha Europe Magazine Winter Issue Includes Feature on Mexican Sangha

Read this beautiful issue including an article and interview on the "Three Bon Stupas in Mexico" and many, many beautiful photographs. Thank you, Ton and team!!

[View magazine as a PDF](#)



Tenzin Wangyal Rinpoche's 2017 Teaching Schedule Links by Date and Location

On Ligmincha International's website you can always find Rinpoche's teaching schedule by date and by location.

[View schedule by date](#)

[View schedule by location](#)



Spanish and Portuguese Translations of VOCL

Links to February Issue Now Available

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)



Upcoming Retreats

Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha International headquarters located in rural Nelson County, Virginia. To register or for more information, click on the links below, email us or call 434-263-6304.

March 31–April 2, 2017

Spring Retreat: Meditation on the Six Lokas: Purifying the Obstacles to Enlightenment

with Geshe Tenzin Wangyal Rinpoche

([Personal Practice Retreat](#) also is possible during this time)

[Learn more/register](#)

June 25–July 8, 2017

Summer Retreat: Bön Dzogchen Pith Instructions & Sadhana of the Bön Mother Tantra

with Geshe Tenzin Wangyal Rinpoche

You are welcome to attend one or both weeks. Live translation available in Spanish.

[Learn more/register](#)

July 9–15, 2017

Summer Practice Retreat

with Geshe Tenzin Yangton

[Learn more/register](#)

October 18–21, 2017

Fall Retreat: The Knowledge and Wisdom of Longevity

with Geshe Tenzin Wangyal Rinpoche

[Learn more](#) [Registration will open in April]

October 22, 2017

Special Celebration: 25th Anniversary of Ligmincha International and Viewing of New Building

October 22 (evening)–October 24, 2017

Science and Spirituality Conference

with Geshe Tenzin Wangyal Rinpoche and expert presenters

More details coming soon!

December 27, 2017–January 1, 2018

Winter Retreat: The Experiential Transmission of the Zhang Zhung, Part 4

with Geshe Tenzin Wangyal Rinpoche

Prerequisite: Previous completion of Part 3 of the Experiential Transmission of Zhang Zhung series.

To register for any of the above retreats, or for more information about teachings in the Bön Buddhist tradition of Tibet, please [email the registrar](#), call (+1) 434-218-1290 or visit the [Serenity Ridge website](#)

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