



## April 1 Tenzin Rinpoche Unveils New CyberSangha Community App!

### Join Us Online for This and Other Upcoming Live Broadcasts



## CyberSangha®

After a long period of design and testing, we're excited to announce that a new CyberSangha community app will officially launch on Monday, April 1, in a live online broadcast with Tenzin Wangyal Rinpoche and CyberSangha co-director Oliver Wirtz.

In this inspiring, dedicated online space, the cyber sangha can regularly connect with each other and Rinpoche, receive teachings and support in our practice, and be notified of the upcoming events and messages we truly care about. Participants will be able to communicate closely and freely on social media without the drone and distraction of political memes, irrelevant posts and toxic comments.

The app was created and hosted by volunteers under Rinpoche's guidance and is free of charge. See below for details of this and other April CyberSangha broadcasts. (And don't miss the volunteer opportunity listed further below.)

**Monday, April 1, 12:30 p.m. New York time**

**Rinpoche Unveils New CyberSangha Community App**

It's been a long time in the making, and now you are invited to try it for yourself! Tenzin Wangyal Rinpoche and Oliver Wirtz introduce a new CyberSangha app and explain how to access it on both mobile and desktop devices.

[Learn more & view live](#)

**Friday, April 5, 12 noon New York time**

**The Best Cure for Burnout, Part 2**

In Part 2 of a two-part series, guests Eve Ekman and Cristina Lanata discuss with host Alejandro Chaoul how the fatigue, irritability and related physical issues of burnout can be prevented and eased using mind-body practices such as yoga, tai chi and massage therapy.

[Learn more & view live](#)

**Sunday, April 7, 10:30 a.m. New York time**

**A Bridge to Everywhere. Bringing Computer Skills to Remote Nepal**

Humla is a Himalayan community so remote it is accessible only on foot or by small aircraft. In a live online conversation, Tsewang Norbu Lama will explain the community's pressing needs. He is chair of MS Kundrol Ling, an organization founded on the advice of H.H. Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin. The organization's proposed Humla Computer School has already begun serving Humla's needs. Learn more about the school and how you can help. Hosted by Jhama Lhamo, half-sister of Tenzin Wangyal Rinpoche. Presented in both English and Tibetan.

[Learn more & view live](#)

**Tuesday, April 23, 10 a.m. New York time**

**24-Hour Full Moon Practice. Finding Refuge Within**

Our 24-hour online practice begins with a meditation guided by Lourdes Hinojosa and is followed by a 24-hour session of mantra recitation, contemplative breathing practice and further periods of guided meditation. All are welcome!

[Learn more & register now](#)

Wondering why teachings by Tenzin Wangyal Rinpoche aren't showing up here on our long-term schedule? His upcoming broadcasts remain central to CyberSangha, but Rinpoche plans to announce them only a few days in advance. Visit [cybersangha.net](https://cybersangha.net) to find out other date and time of his broadcasts as soon as they are on the calendar.

## **Volunteer Opportunity!**

### **Writer**

CyberSangha is preparing to launch a new podcast program that promises to greatly expand the reach of the recorded teachings of Tenzin Wangyal Rinpoche. Through the generous efforts of volunteers, the technical aspects are all in place. All we need now is a capable, devoted volunteer with professional writing experience who can prepare written descriptions of upcoming podcast episodes based on information already compiled at [cybersangha.net](http://cybersangha.net).

Volunteering is a great way to stay connected with a community of friendly, motivated volunteers who together share the [mission, vision and values](#) of Tenzin Wangyal Rinpoche and CyberSangha. If you're a writer with interest in helping us launch this podcast program, please [contact us here](#). Let us know your background and skills, and how much time per week you might be able to help. The time you commit to is up to you.