

TEACHINGS ON TIBETAN BUDDHISM

# Shi-nay Meditation

With Lama Sonam Dargye (Tony Albino)

CALM-ABIDING MEDITATION and PRACTICE

**Sunday, May 17, 2015, 9:00 a.m. – 4:00 p.m.**

*(Please arrive by 8:45 a.m., late entries will not be admitted.)*

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In the Tibetan word *shi-nay*, *shi* means *calm* and *nay* means *abiding*. Shi-nay meditation rests the mind in a state undisturbed by thoughts and emotions, allowing the mind to experience its true nature. The cost is \$30.

Schedule:

9:00–11:00 a.m. Instructions and guided meditation

*You are welcome to bring a lunch and stay during the break.*

1:00 – 4:00 p.m. Question-and-answer period and guided meditation

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## Kagyu Dakshang Chuling

917 East 43rd Avenue, Eugene, Oregon

(Between West Amazon and Fox Hollow)

To minimize the Center's impact on our neighborhood, please park on West Amazon and walk up hill to KDC.

For information, please visit KDC's website at [www.kdc-eugene.org](http://www.kdc-eugene.org) or call (541) 513-1452 or (541) 683-1808 between 10:00 a.m. and 7:00 p.m.

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Lama Sonam completed the three-year retreat under the guidance of Venerable Lama Tsang Tsing and serves as a translator for him. Sonam is a Eugenio with training in the Kagyu lineage of Tibetan Buddhism.