



THE EXTRAORDINARY SHI-NAY OF HIS EMINENCE KALU RINPOCHE, TEACHING AND PRACTICE

by Lama Sonam (Tony Albino)

Sunday, January 11, 2026, 9:00 a.m. - 4:00 p.m.

(Please arrive by 8:45 a.m.)

KAGYU DAKSHANG CHULING

917 East 43rd Avenue, Eugene, OR 97405

(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.*

Extraordinary Shi-nay is a special meditation method taught by the late great meditation master H.E. Kalu Rinpoche. Lama Sonam (Tony Albino) will give teachings using the five elements (earth, water, fire, wind, and space) as a visualization support and object of meditation. This practice is an excellent bridge between the practices of sutra and tantra.

During this day-long seminar, Lama Soman will give teachings, lead sessions of guided meditation, and answer questions related to Extraordinary Shi-nay.

The cost is \$35.

Schedule: 9:00 a.m. -4:00 p.m.:

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

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

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 Eugenian with training in the Kagyu lineage of Tibetan Buddhism.