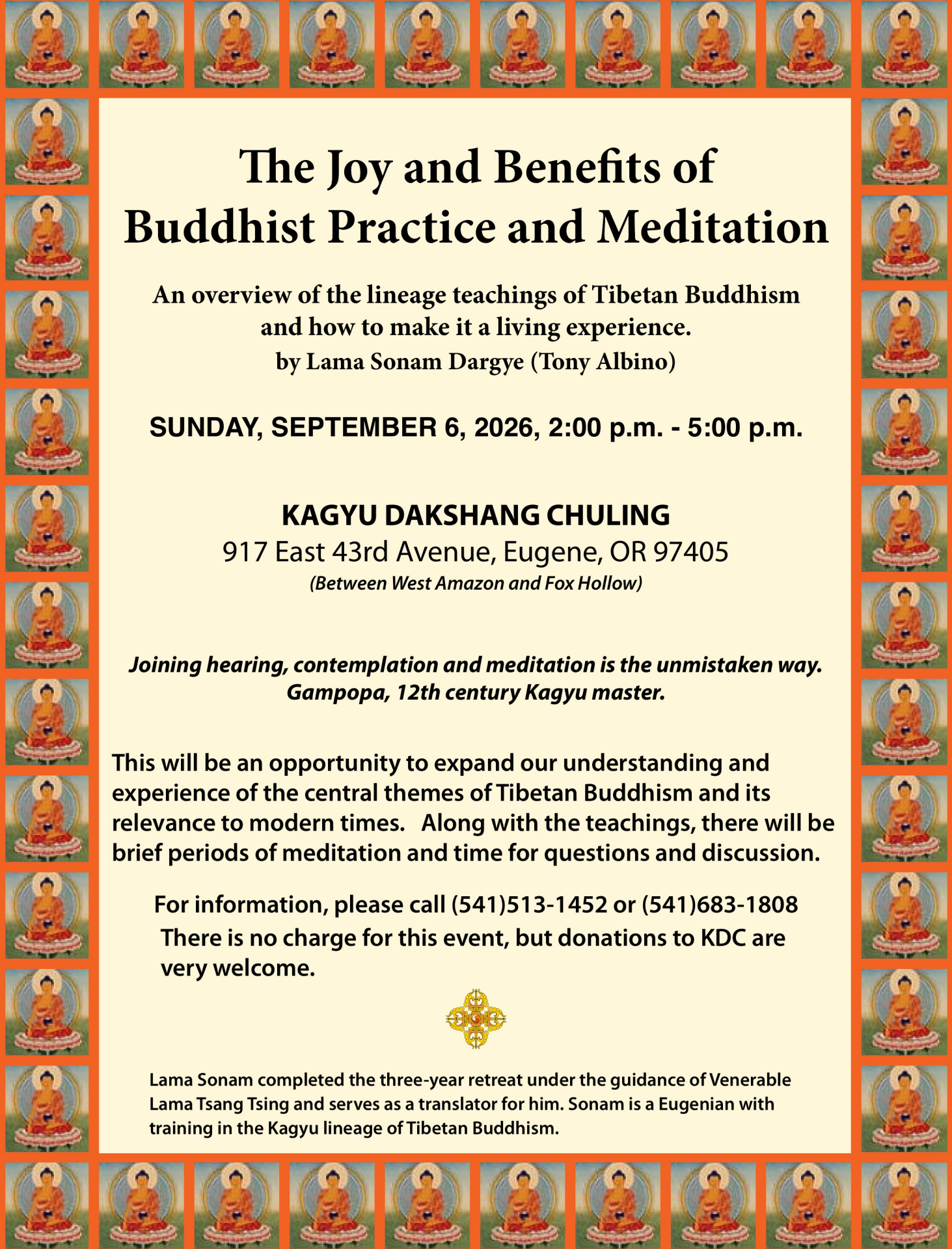




The Joy and Benefits of Buddhist Practice and Meditation

An overview of the lineage teachings of Tibetan Buddhism
and how to make it a living experience.

by Lama Sonam Dargye (Tony Albino)

SUNDAY, SEPTEMBER 6, 2026, 2:00 p.m. - 5:00 p.m.

KAGYU DAKSHANG CHULING

917 East 43rd Avenue, Eugene, OR 97405

(Between West Amazon and Fox Hollow)

*Joining hearing, contemplation and meditation is the unmistakable way.
Gampopa, 12th century Kagyu master.*

This will be an opportunity to expand our understanding and experience of the central themes of Tibetan Buddhism and its relevance to modern times. Along with the teachings, there will be brief periods of meditation and time for questions and discussion.

For information, please call (541)513-1452 or (541)683-1808

There is no charge for this event, but donations to KDC are very welcome.



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 Eugenician with training in the Kagyu lineage of Tibetan Buddhism.