



Lama Pema Dorje Rinpoche will give teachings on White Tara, Mother of Compassion & Padampa Sangye's Lu Jong Tibetan Buddhist Long Life Yoga



Tsering Wangmo is a famous Tibetan opera performer, singer, and artist will perform

WHO: Bay Area Friends of Tibet

WHAT: Lu Jong Yoga

COST: 30th Anniversary Potluck Dinner
Offerings to Lama highly encouraged
Free Pot Luck, Donations welcome
No one turned away as long as there is enough space

PLEASE RSVP: giovanni@friends-of-tibet.org or 415-264-3264

WHEN: October 26, 2013, 4 PM -YOGA, 7 PM-Potluck Dinner

WHERE: Cultural Integration Fellowship, 2650 Fulton Street, San Francisco, CA 94118

Lu Jong is Tibetan Buddhist yoga. This lengthens the life of the body and stabilizes the mind. The physical benefits include a good constitution, a comfortable body, less sickness, and improved digestion. Also the body's essence will increase, and the body will maintain strength, healthy joints, easier movement (more flexibility), and clear eyes. Lu jong will also slow the aging process and give a longer life. For the Dharma practitioner, it will benefit all stages of meditation. The Lu Jong practice has been taught now for several years. People from all directions of the world have expressed deep thanks for the benefits and blessings they have received from this practice, which makes me happy. It has always been my wish that Lu Jong will benefit the mind and body of whoever has interest in these teachings. Hearing that Lu Jong has benefited many of my students gives me more energy to continue teaching the Lu Jong Chime Palter practice to all students who are sincerely interested.

*Please see: <http://sangchenpemachholing.org/Includes/biography.shtml> for Lama Pema Dorje Rinpoche's biography. ***Please bring your own cushion for the yoga!***

