



## Upcoming Ligmincha Learning Courses

### Sleep Yoga, Five Elements, Sherap Chamma & Ngondro



Ligmincha Learning is happy to invite you to attend online courses with Tenzin Wangyal Rinpoche beginning soon: Sleep Yoga and The Five Elements starts March 29; Sherap Chamma with Marcy Vaughn begins April 12. Ngondro, The Foundational Practices began March 1 and continues through December 31; you can join anytime. These online courses feature beautiful video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world.

### Sleep Yoga, The Yoga of Clear Light

**March 29-April 27, 2024**

The course will introduce simple techniques to enter into sleep in a healthy, balanced way. Even if we do not consistently enter into clear light sleep, we can benefit from a refreshing, relaxed sleep that gives us deep renewal. This is supported by breathing techniques, physical postures and guided visualizations. Tenzin Rinpoche also will provide meditations to wake up in a beautiful way, feeling the blessings of sleep and stepping into our day with serenity. Through these simple practices we can transform our sleep to be one of tranquility and awareness.

[Learn more/register](#)

### **The Five Elements, Healing with Form, Energy and Light**

**March 29-May 12, 2024**

In this course Tenzin Wangyal Rinpoche explores how each of the five elements relates to our daily experiences, emotions and relationships. Rinpoche guides meditations for each of the elements, designed to help clear our obstacles and bring balance to our lives.

[Learn more/register](#)

### **Sherap Chamma, Mother of Wisdom and Love**

**April 12-May 12, 2024**

In this online course, participants will learn a beautiful and simple meditation practice enabling each to directly connect with the divine feminine energy. Within the support of the group, we create an environment to promote profound healing of physical, energetic, emotional and spiritual dimensions of life. With visualization, the sound of mantra and deep contemplation, we make a personal connection to this sacred form of the universal mother, Sherap Chamma, and are guided through this connection to our innate wisdom and the love and compassion that naturally radiate from that wisdom. Those experienced in meditation as well as those who are beginning are warmly welcomed.

[Learn more/register](#)

### **Ngondro, The Foundational Practices**

**March 1-December 15, 2024 (join at anytime)**

The ngondro teachings are a set of nine practices that offer complete instructions for taming, purifying and perfecting the suffering mind. Although these practices are considered the foundation for entrance into the five-part cycle of Tibetan Bon dzogchen teachings, the highest teachings on the nature of mind, many practitioners adopt the ngondro as their main meditation and complete the nine sets of 100,000 repetitions over the course of a lifetime. Within each is contained the entire path to liberation. They are considered to be the foundational practices for the entire tradition.

[Learn more/register](#)

Free courses; enroll at any time. [Starting a Meditation Practice](#) ; [The True Source of Healing](#) ; [Living with Joy, Dying in Peace](#)

Learn more at [ligminchalearning.com](http://ligminchalearning.com) .

