

## Special Announcements Issue

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### Live Internet Teachings

#### Reminder: Next Live Webcast With Tenzin Wangyal Rinpoche Is June 15

Don't miss Tenzin Wangyal Rinpoche's Internet teachings on Tuesday, June 15, 2010, to be broadcast live during a free public talk offered in partnership with Unity Church, Charlottesville, Va. The talk/Webcast begins at 7 p.m. Eastern Time U.S. (New York Time). [More information / enter the broadcast site >](#)

Also, there's still time to register for Rinpoche's three-week interactive online course in Tibetan Sound Healing, which begins Saturday, June 12. [More information about the online workshop >](#)

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### Annual Summer Auction at Serenity Ridge

#### An Invitation to Participate — and Contribute!

This is a special invitation to participate in the annual **Summer Auction on Friday afternoon, July 9, 2010**, at Ligmincha's Serenity Ridge Center in Nelson County, Va. Please join participants of the Summer Retreat for this very special occasion! Those unable to attend in person will be able to place absentee bids on select items to be displayed on Ligmincha's Website. A dinner celebration will follow the auction festivities. Deadline for contributing auction items is Friday, June 18.

[More>](#)



## Ligmincha Council News

### Welcoming Our New Director of Fundraising

On behalf of Tenzin Wangyal Rinpoche and the board of directors at Ligmincha Institute, I am delighted to announce that [Jan Cressman](#) has accepted the Board's invitation to join the Ligmincha Council as Director of Fundraising, filling our vacant Council position. In order to expand and share the teachings, practice opportunities, and amenities of Serenity Ridge, it is necessary for us to expand our fundraising initiatives. Jan brings to this challenge a wealth of experience in organizational and sangha development. We welcome her exuberance and creativity in raising funds to support Ligmincha and Serenity Ridge! —

*Gabriel Rocco, Board Chair*

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## October Workshop With Tenzin Wangyal Rinpoche

### 'New Directions in the Dialogue Between Buddhism and Science'

Please join us at Serenity Ridge on Saturday, Oct. 2, 2010, for an enlightening one-day workshop with Geshe Tenzin Wangyal Rinpoche and presenters associated with the Division of Perceptual Studies at the University [More>](#)

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## Upcoming Retreats

### Ligmincha's Serenity Ridge Retreat Center

The retreats described below will take place at Serenity Ridge, Ligmincha Institute's retreat center in Nelson County, Va. To register or for more information, click on the links below, or contact us at [Ligmincha@aol.com](mailto:Ligmincha@aol.com) or 434-263-6304.

**June 20 - 26, 2010**

**Summer Work Retreat**

Free of charge. Whether you join us for one afternoon or the full week, this is a wonderful time to share with sangha and to be of joyful service. Our work retreat includes vigorous work periods, daily meditation practice, and ample time for a swim in the pool or a walk along the Rockfish River. Participants are provided with free air-conditioned accommodations in [Garuda House](#)

and free meals, and for those who participate in the entire work retreat there will be a 50 percent discount on one week of the summer retreat.

For more information or to register, please email Ligmincha at [Ligmincha@aol.com](mailto:Ligmincha@aol.com).

**June 25-26, 2010**

**Bon Family Retreat**

**With Lama Lhari-la Kalsang Nyima**

Please join us for the first annual Bon Family Retreat led by [Lama Lhari-la Kalsang Nyima](#), resident teacher for Serenity Ridge. In this weekend program families with children between the ages of 2 1/2 and 12 are invited to participate as a family in four organized sessions per day. There will be plenty of time for socializing, play and caretaking around our meals together. To register for the family camp, please email

[Ligmincha@aol.com](mailto:Ligmincha@aol.com)

or call 434-263-6304.

[Learn more >](#)

**June 27 - July 17, 2010**

**Awakening the Self, Discovering Joy: Self-Realization Through the Three Doors of Body, Speech and Mind**

**19th Annual Summer Retreat With Tenzin Wangyal Rinpoche**

Our own body, speech and mind can offer direct access to profound inner transformation. The keys to effectively unlocking these three doors are found in the ancient Bon Buddhist tradition of Tibet, whose powerful meditation practices help to remove physical, energetic, and mental blockages that keep us from achieving our highest potential. Join us for a unique, life-changing opportunity to discover your unbounded being, the source of authentic joy. Registration is available for one, two, or all three weeks.

[New: Extend your stay >](#)

[Learn more or register >](#)

**Oct. 2, 2010**

**New Directions in the Dialogue Between Buddhism and Science**

**A One-Day Workshop With Tenzin Wangyal Rinpoche and Presenters From the University of Virginia**

Researchers from the Division of Perceptual Studies within the Department of Psychiatry and Neurobehavioral Sciences of UVA will share their findings related to core elements of the Buddhist teachings, including the belief in rebirth. Tenzin Wangyal Rinpoche will participate in the dialogue and guide meditation practices.

[More information/register online >](#)

**Oct. 6-10, 2010**

**Sleep of Clear Light: The Practice of Sleep Yoga  
With Geshe Tenzin Wangyal Rinpoche**

Centuries ago, Tibetan yogis developed the practice of sleep yoga to transform these dark hours of ignorance into a path toward enlightenment. A powerful tool for awakening, sleep yoga is more than a practice of the night. It helps us to integrate all moments — waking, sleeping, meditation, and even death — with the clear light of awareness. During this intensive five-day retreat, Geshe Tenzin Wangyal Rinpoche will teach and guide us in the clear-light sleep practices of the Mother Tantra, one of the most important cycles of teachings in the Tibetan Bon Buddhist tradition.

[New: Extend your stay >](#)

[Learn more or register >](#)

**Nov. 3 - 7, 2010**

**Tibetan Yoga, Part 2: *Trul Khor* Training From the *Zhang Zhung Nyen Gyu*  
With Alejandro Chaoul-Reich**

The contemplative movements of Tibetan Yoga (*trul khor*) enable us to enter all three doors of body, energy and mind through a single practice, offering a powerful, skillful means for clearing the obstacles and obscurations to openness and clarity in meditation practice. Open to students who have received the Part 1 teachings of

*Trul Khor*

(  
*Zhang Zhung Nyen Gyu*  
) since Jan. 1, 2000.

[Learn more or register >](#)

**Dec. 27, 2010 - Jan. 1, 2011**

**Dzogchen: The View, Meditation, Behavior, and Result  
The Experiential Transmission of Zhang Zhung, Part 3  
With Tenzin Wangyal Rinpoche**

The Experiential Transmission of the Zhang Zhung Masters is the centerpiece of Geshe

Tenzin Wangyal Rinpoche's dzogchen teachings and is presented at Serenity Ridge each year at our winter retreat. *Prerequisite:* Practitioners who have already received the Part 2 or higher-level teachings in a previous cycle of Chag Tri teachings are warmly invited to attend this retreat.

[Learn more or register >](#)

**New: Extend your stay!** You may stay up to three days after the winter retreat for personal retreat time. For more information or to register for an extended stay, contact the Ligmincha office at [ligmincha@aol.com](mailto:ligmincha@aol.com) or 434-263-6304

**To register for any of the above retreats,** or for more information about teachings in the Bon Buddhist tradition of Tibet, please contact us at [ligmincha@aol.com](mailto:ligmincha@aol.com) or 434-263-6304, or go to:

<https://www.ligmincha.org/retreats/retreats.html>