



New Online Workshop Begins Nov. 6

‘Achieving Great Bliss Through Pure Awareness’

A new three-week online course with Geshe Tenzin Wangyal Rinpoche will take place Nov. 6 through 28, 2010. In this workshop Tenzin Rinpoche will instruct and guide the practice of **the Fivefold Teachings of**

Dawa Gyaltsen,

a revered Tibetan Bon dzogchen meditation master who lived in the eighth century A.D. This ancient teaching offers pith instructions for a meditation practice that guides one to enter a state of pure awareness that can lead to peace, joy, and ultimately the great bliss of self-realization.

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- Instruction is via Internet-based video
- Three weeks of ongoing support from Tenzin Wangyal Rinpoche as you work with the practices
- No set class times, instructional videos remain available throughout the course
- Practice on your own schedule in the comfort of your home
- Share your experiences and learn from other practitioners through forums, chats, blogs and instant messaging
- Easy-to-use and easy-to-navigate workshop site
- All you need is a broadband Internet connection such as DSL or cable.

Offered in cooperation with GlideWing Productions. [Learn more at GlideWing.org >](#)