

Voice of Clear Light

Volume 13, Number 5 / October 2013



‘Tibetan Dream Yoga’ and ‘Awakening the Sacred Body’

Upcoming Online GlideWing Workshops



GlideWing is sponsoring two upcoming workshops with Geshe Tenzin Wangyal Rinpoche: Tibetan Deam Yoga and Tibetan Yogas of Breath and Movement. Learn and practice from your own home, at your own schedule, with personal guidance from Tenzin Wangyal Rinpoche.

Tibetan Dream Yoga Nov. 16–Dec. 8, 2013

The next four-week GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Tibetan Dream Yoga,” begins Saturday, Nov. 16, 2013. Dream yoga is a powerful tool of awakening that has been used for hundreds of years by great masters of the Tibetan traditions. This workshop provides detailed instruction for dream yoga, including foundational practices done during the day.

[Learn more/view introductory video](#)

Tibetan Yogas of Breath and Movement Jan. 11–Feb. 2, 2014

In this three-week online workshop, *Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement*, Tenzin Wangyal Rinpoche teaches ancient practices of breath and movement that can help you clear physical, energetic and mental obstacles; enhance well-being; promote spiritual growth; and help you rediscover joy.

[Learn more/view introductory video](#)