



GlideWing Workshop on Tibetan Dream Yoga

July 12–August 10, 2014

The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche is on “Tibetan Dream Yoga” and begins July 12.

In this four-week online workshop, with personal guidance from Geshe Tenzin Wangyal Rinpoche, participants will explore and practice the ancient Tibetan BonBuddhist teachings of Tibetan Dream Yoga. This workshop provides detailed instruction for dream yoga, including foundational practices done during the day.

[Learn more and view introductory video](#)

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