



Next GlideWing Workshop Begins March 5

Tibetan Dream Yoga



In this four-week online workshop, set for March 5–April 3, with personal guidance from Geshe Tenzin Wangyal Rinpoche, we will explore and practice the ancient Bon Buddhist teachings of Tibetan Dream Yoga. This workshop provides detailed instruction for dream yoga, including foundational practices done during the day.

We spend a third of our life sleeping. Every night we participate in profound mysteries, moving from one dimension of experience to another, losing our sense of self and finding it again, and yet we take it all for granted. We wake up in the morning and continue in "real" life, but in a sense we are still asleep and dreaming. The teachings tell us that we can continue in this deluded, dreamy state, day and night, or wake up to the truth.

[Learn more/register](#)

Other 2016 Glidewing workshops:

- **April 30–May 22, 2016:** [Tibetan Meditation—Achieving Great Bliss Through Pure Awareness](#)
- **June 11–July 10, 2016:** [Healing from the Source—Meditation as Medicine for Body and Mind](#)
- **August 6–28, 2016:** [Awakening the Sacred Arts—Discovering Your Creative Potential](#)
- **September 17–October 16, 2016:** [Tibetan Dream Yoga](#)
- **November 12–December 4, 2016:** [Healing from the Source—Meditation as](#)

[Medicine for Body and Mind](#)

The online workshops feature guidance and support from Tenzin Wangyal Rinpoche, instructions via Internet-based video, no set class times and access to videos throughout the course. Learn more by clicking on the links above.