



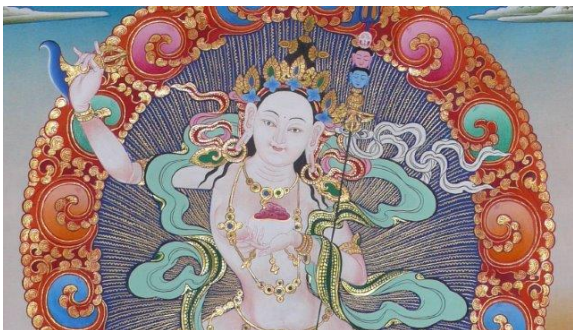
Ligmincha Learning's Two April Online Courses

Continue Growing with Tenzin Wangyal Rinpoche

Ligmincha Learning is pleased to offer two video-based online courses in April with Tenzin Wangyal Rinpoche. These courses feature beautiful video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world.

April 2–May 2, 2021

Sleep Yoga: The Yoga of Clear Light



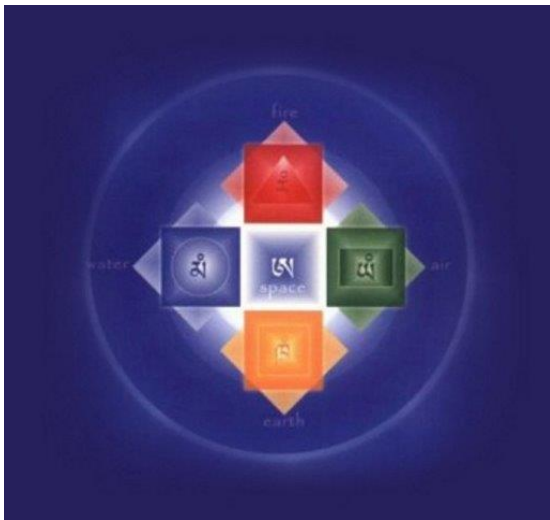
We spend one-third of our life in sleep, yet for most people sleep is a period of unconsciousness. Through the practices of the Yoga of Clear Light we can learn to be completely aware during our sleep, open, clear, resting in deep meditative presence. But how do we get from our current stress and disrupted sleep patterns to the state of clear light?

The course will introduce simple techniques to enter into sleep in a healthy, balanced way. Even if we do not consistently enter into clear light sleep, we can benefit from a refreshing, relaxed sleep that gives us deep renewal. This is supported by breathing techniques, physical postures and guided visualizations. Tenzin Rinpoche will also provide a meditation to wake up in a beautiful way, feeling the blessings of sleep and stepping into our day with serenity. Through these simple practices we can transform our sleep to be one of tranquility and awareness.

[Learn more/register](#)

April 16 – May 30, 2021

The Five Elements, Healing with Form Energy and Light



In this course Tenzin Wangyal Rinpoche explores how each of the five elements relates to our daily experiences, emotions, and relationships. Rinpoche guides meditations for each of the elements, designed to help clear our obstacles and bring balance to our lives. Each section of the course includes a video of Rinpoche's teaching, Rinpoche leading a guided meditation, readings from *Healing with Form, Energy and Light*, and assignments for journal writing, discussion, formal and informal practice. The course is designed so that you may integrate study and practice into your everyday routine, learning at your own pace, yet enjoying the support of classmates and the course mentor.

[Learn more/register](#)

Ongoing and Free Courses: Ligmincha Learning offers several ongoing, free courses. They include ["Star ting a Meditation Practice, Parts 1 & 2"](#); ["The True Source of Healing with Joy, Dying in Peace"](#); ["Living"](#); and ["Transforming Your World Through Service."](#)

