



Upcoming Free Webcasts with Tenzin Wangyal Rinpoche

June 11, June 25 and July 9



Mark your calendar! Geshe Tenzin Wangyal Rinpoche will be giving three live webcasts in June and July. Join us from your computer or other device. Each webcast is free and open to all. More

AI

All times listed are Eastern Time U.S. (New York time);

[real-time translation](#)

will be available in as many as 12 languages.

Saturday, June 11, 2016, 3–4:30 p.m.

Inspiring Others to Serve

In your efforts to benefit others and change your world, you can vastly extend your reach by inspiring others to serve. In this free live webcast with Geshe Tenzin Wangyal Rinpoche, you will learn:

- How to develop the right intention as a mentor.
- The value of letting go of responsibilities, at the right time and in the right manner, so that others may take them on.
- How to give space to those you are mentoring.
- The benefits of supporting, respecting and acknowledging them in their growth as leaders.

- The importance of being open to the true needs of the moment and exercising genuine openness and compassion.

- A supportive meditation practice.

This webcast is Part 5 of a free, six-month course on [Transforming Your World Through Service](#) and is open to all (viewing Parts 1-4 is not required).

[Register now for June 11 webcast](#)

Saturday, June 25, 2016, 12 noon–1:15 p.m. Eastern Time U.S. (New York time)
Sleep Yoga—Live From Serenity Ridge

A powerful tool for awakening, sleep yoga is more than a practice of the night. It helps us to integrate all moments – waking, sleeping, meditation, and even death – with the clear light of awareness. In this webcast, Tenzin Wangyal Rinpoche will give a brief introduction to sleep yoga, guide a meditation and answer viewers' questions. Rinpoche will be broadcasting live from his [Sleep Yoga retreat](#) at Ligmincha International at Serenity Ridge, Nelson County, Virginia.

[Register now for June 25 webcast](#)

Saturday, July 9, 3–4:30 p.m.

Transforming Your World Through Service, Part 6: Questions and Answers

In this concluding webcast of his six-month course on service, Tenzin Wangyal Rinpoche will guide a meditation and answer viewers' questions. More information about this webcast will be posted [here](#) in coming weeks.

[Learn more about the Transforming Your World Through Service course](#)
[Access real-time translation in as many as 12 languages](#)