



Introducing the New Ligmincha International Facebook Page!

Social Media Updates for Ligmincha and Serenity Ridge

To better inform you about the worldwide teachings of Geshe Tenzin Wangyal Rinpoche and the Bön Buddhist tradition of Tibet, Ligmincha International has a new Facebook page: <https://www.facebook.com/ligminchainternational/>

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When you “like” this new page, you’ll receive inspiring quotes, webcast notices and early updates regarding worldwide activities, teachings and other news related to Geshe Tenzin Wangyal Rinpoche and Ligmincha International centers and sanghas.

If you are already a follower of the Serenity Ridge Facebook page (formerly Ligmincha International at Serenity Ridge), you will continue to receive the same updates and photographs related to Serenity Ridge, upcoming retreats, and other local or international happenings. You can now find the Serenity Ridge page at: <https://www.facebook.com/serenityridgeretreats/> .

Also follow us on Twitter!

[Ligmincha International on Twitter](#)

New: [Serenity Ridge on Twitter](#)