



25th Anniversary Celebration Includes October 22 Festivities

Registration Opens for Fall Retreat, Science and Spirituality Conference



Please join us in celebrating Ligmincha's 25th Anniversary this fall, including a special day of festivities on October 22. Registration is now open for two retreats at Serenity Ridge: the annual Fall Retreat from October 18–21 and the Science and Spirituality Conference October 23–24.

Geshe Tenzin Wangyal Rinpoche founded Ligmincha Institute in March 1992 in Richmond, Virginia. Ligmincha headquarters soon moved to Charlottesville. Serenity Ridge Retreat Center in Nelson County, purchased in 1998, became the organization's headquarters in 2009. Over the past 25 years, Ligmincha has become an international organization with centers and sanghas around the world and an active online cyber-sangha.

The Ligmincha International sangha is warmly invited to join us for one or all events at Serenity Ridge in Virginia, headquarters of Ligmincha International, for this very special celebration.

Fall Retreat: The Knowledge and Wisdom of Longevity

October 18–21, 2017

In this special four-day retreat, Geshe Tenzin Wangyal Rinpoche will, for the first time, offer in-depth teachings on The Knowledge and Wisdom of Longevity from the Tsewang Jarima, a

text written by Tsewang Rigdzin. Rinpoche also will offer the empowerment related to its practice. The son of the eighth century Tibetan master Drenpa Namkha, Tsewang Rigdzin is known as the “King of Longevity.” In addition to composing many ritual texts aimed at alleviating suffering, he was a dzogchen lineage master.

The Bön tradition has many practices to extend one’s lifespan and recapture any life force lost due to negative external or internal factors, or from ignorance of our true nature. These practices include visualization and meditation, ritual, and healing through nature and the elements. The wisdom of Tsewang Rigdzin and the practices associated with this teaching can help us retrieve, extend and enhance our life force: healing environmental, physical, emotional and energetic imbalances in our lives.

[Learn more/register](#)

Day of Celebration October 22

On the day following the Fall Retreat, on October 22, all are invited to attend a celebration of Ligmincha’s 25th Anniversary. Join Tenzin Wangyal Rinpoche, Ligmincha’s resident lamas and other special guests. A special morning of activities is planned for sangha members, including a sang chod ceremony and celebration in the gumpa.

Afternoon activities will be open to the Tibetan community and area residents. From 12 noon until 4 p.m., all can enjoy a public event that includes music (Tibetan, sacred and offerings from our sangha), Tibetan food vendors, a Tibetan market, viewing of the new building, and more. Ligmincha's Bookstore and Tibet Shop will be open. Look for additional information as plans develop.

Because of the high cost of travel for Ligmincha's resident lamas, Ligmincha is seeking donations of frequent flyer miles to help with their airline tickets. If you would like to donate frequent flyer miles to help the resident lamas, please [email Serenity Ridge](#) .

Science and Spirituality Conference October 23–24, 2017

Join Geshe Tenzin Wangyal Rinpoche and a select group of presenters to learn about how meditation and other spiritual practices can bring about healing of physical and emotional pain. Rinpoche will deliver the keynote address at this special Science and Spirituality Conference, guide meditation sessions and participate in a panel discussion.

This is an exciting opportunity to be part of the growing dialog on contemplative science. Invited scientists, researchers and other presenters will discuss their work on the impact of contemplative meditation practices on physical, emotional and mental pain, with opportunities for participants to share in discussions and meals with the presenters.

The conference will begin on Monday, October 23, at 9 a.m. and will end Tuesday, October 24, at 3 p.m. Participants are encouraged to come earlier to attend the annual Fall Retreat and the free daylong celebration of Ligmincha's 25th Anniversary on October 22.

[Learn more/register](#)