



## January GlideWing Course

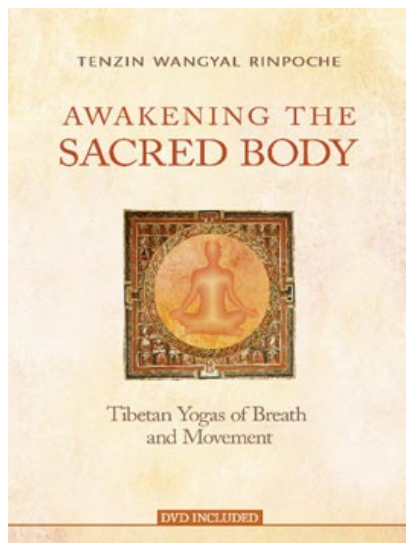
### 'Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement'



The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Awakening the Sacred Body,” will be held January 6–28, 2018. Learn and practice from your own home, at your own schedule, with personal guidance from Geshe Tenzin Wangyal Rinpoche.

In this three-week workshop, students will explore and practice the ancient Bön Buddhist teachings of Tibetan yoga. The Tibetan Yogas of Breath and Movement consists of two ancient teachings: The Nine Breathings of Purification and the Five Tsa Lung Exercises. The Nine Breathings practice uses the three channels of light within the body as a means of connecting with one's natural mind. The Tsa Lung exercises are movements that work with opening the five chakras within the central channel of the body in order to access the deeper wisdom that is

always available.



Online workshop features:

- Three weeks of personal guidance and support provided by Tenzin Wangyal Rinpoche, as you work with the practices.
- Instruction via Internet-based video.
- No set class times; instructional videos remain available throughout the course.
- Practice in the comfort of your home, on your own schedule.
- Easy-to-use course site.
- All you need is a broadband Internet connection, such as DSL or cable.

[Learn more and register](#)

**Coming in February:** "The Truth That Sets You Free: Discovering Your Inner Wisdom Through Practices of Waking and Sleeping." February 17–March 11, 2018.

[Learn more and register](#)

