

MEDITATION AND YOGA RETREAT WITH VEN. TASHI NYIMA



FRIDAY AUGUST 3rd, 7-9 pm
Meditation and Buddhist Teaching
SATURDAY AUGUST 4th, 9-11 am
Tibetan Yoga Class
SATURDAY AUGUST 4th, 2-4 PM
Meditation and Buddhist Teaching
TULSA YOGA MEDITATION CENTER
(Farm Shopping Center – 51st & Sheridan)

Venerable Tashi Nyima is an ordained monk in the Jonang lineage of Tibetan Buddhism. He has practiced Indo-Tibetan Yoga and Ayurveda for more than thirty years and serves as director of the New Jonang Buddhist Community in Dallas, Texas. Ven. Nyima is a gifted teacher who makes Buddhism, yoga and meditation accessible to all.

REGISTRATION - \$120 for all 3 sessions pre-paid by Wed. August 01.
- \$50 for individual classes

MAIL REGISTRATION/PAYMENT (or use PayPal)

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Name:

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