

Buddhist Meditation Classes

by Gen Kelsang Tilopa

Tuesday, February 2nd

Meditations to Rely On

Tuesday, February 9th

Meditations to Help Yourself and Others

Tuesday, February 16th

Finding Joy in Engaging with Altruism

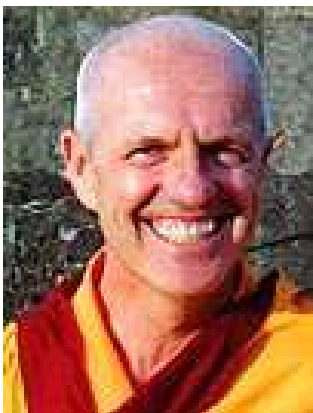
Tuesday, February 23rd

Millions Have Gone Before Where Are They Now?

Tuesdays Evenings 6:30pm - 8pm

Cost: \$12 per class

About Tilopa:



Gen Kelsang Tilopa is a fully ordained western Buddhist monk in the Kadampa tradition.

Tilopa is well loved for his humorous yet clear and profound teachings and for the great care he skillfully and compassionately gives to his students.

Born and educated in Scotland, Gen Tilopa brings to the teachings of pure Kadam Buddhadharma his varied life experiences to help and guide his students, and to show how pure dharma teachings and practice can improve the quality of our daily lives at work, at home, and in our everyday relationships.