Three Rivers Tibetan Cultural Center

Nyungnay Fasting Retreat at TRTCC

Saturday, January 13, 7-8:30pm
Sunday, January 14, 10am - 4pm

NYUNGNAY is a fasting silent retreat focusing on the cultivation of loving-kindness, compassion and Bodhicitta and purifying negative past actions. Participants of this retreat at Three Rivers Tibetan Cultural Center will observe eight vows in a 24-hour period, practicing meditation, visualization and mantra recitation of the Thousand-Armed Chenrezig.

This retreat will be led by our new resident teacher Venerable **Lama Kalsang,** who came to TRTCC from Nepal in November 2017.

On Saturday from 7-8:30pm, Lama Kalsang will give us instructions on how to observe the eight vows during the retreat. On Sunday, participants will observe the vows and start the fasting for a 24-hour period. TRTCC will provide fresh fruit and light yogurt in the morning and during lunch time. This practice is purposefully designed for lay people and is very popular in Tibet. The physical fasting helps to overcome obscurations of the body; the silence helps to purify obscurations of speech; the one-pointed concentration purifies obscurations of the mind.

All are welcome

www.threeriverstibetancc.org

TRTCC is located at ***7313 Florence Avenue Pittsburgh PA 15218***