

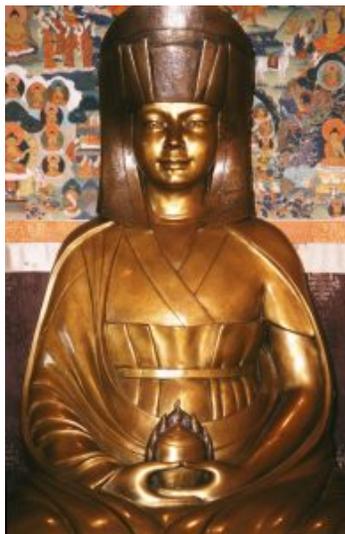
Three Rivers Tibetan Cultural Center

Buddha's Breath; Practice for the 21st Century

Visiting Teacher Ven. Khenmo Drolma

Saturday and Sunday, February 23-24, 2019 10am - 4pm

Buddha's Breath; Practice for the 21st Century: H.H. Drikung Chetsang Rinpoche has developed a new curriculum based on the *Anapanasati Sutra* that returns to the root of Buddha's earliest teaching on mindfulness of breath. Ven. Khenmo Drolma will give an introduction to this practice system, teaching Buddha's pith instructions. This new curriculum unifies all of Buddhist philosophy incorporating the perspectives of Theravada, Zen and Mahamudra philosophies. The emphasis will be on the practice of Shamatha/Vipassana meditation which is considered both the foundation and the fruition of all practice. Students of all levels are welcome. You will build your meditation skills and learn techniques to sustain your practice as obstacles arise.



Ven. Khenmo Konchog Nyima Drolma is the abbess of [*Vajra Dakini Nunnery*](#) in Maine. In 1997, she took her novice ordination with H.H. Drikung Chetsang Rinpoche and began her solitary retreat trainings and received many circles of Drikung empowerments and transmissions in India. In 1999 she received monastic training guided by Ven. Pema Chödrön in Nova Scotia, Canada. In 2002 she took full ordination as a Buddhist nun in Taiwan, and in 2004 was installed as a **Khenmo (Abbess)**, becoming the first woman and first westerner in the *Drikung lineage* to officially hold this responsibility. Since then she has worked continuously to establish *Vajra Dakini Nunnery* and teach the Dharma internationally.

ALL ARE WELCOME

Suggested donation is \$30 each day and \$50 for the whole weekend teaching. Your generous donations will support TRTCC's many teaching and cultural events year round. A simple vegetarian lunch will be offered by our sangha members. No one will be turned away from dharma teaching for insufficient funds.

Three Rivers Tibetan Cultural Center is located at: 7313 Florence Avenue, Pittsburgh PA 15218
<https://www.threeriverstibetancc.org/>