

Anyen Rinpoche in **Rhode Island**

Friday, April 4, 7-8:30PM: A Talk and Book Signing

The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom

Anyen Rinpoche and Allison Zangmo have given lively and insightful talks across the country on their new book, describing the connection between breath, emotions and meditation from both a western medical view and that of Tibetan Yantra Yoga. The practices and guided meditations offered in this book are useful for beginning students as well as long-time practitioners, serving as a reminder that breath is not only the foundation of spiritual practice but the healing energy that can balance our modern afflictions of anxiety, depression, heart disease, and other imbalances.

Suggested Donation: \$15

**Saturday, April 5, 1-4:00PM: A Teaching on
*The Four Great Rivers: Birth, Old Age,
Sickness and Death***

From the moment we are born, we are carried by these four great rivers to the moment of our death. No one escapes this human suffering. Without contemplating on the impermanence of life and the certainty of death, it will be impossible to have the mindfulness that can support our spiritual practice at the actual time we are dying. Especially in these modern times, we need a spiritual path and practice that will help us cultivate mindfulness, fearlessness, and confidence as we navigate the four great rivers.

*Cost: \$40 (\$35 if attending Friday talk)
(some scholarships available; please email the address below)*

Both Events will be held at the
Westminster Unitarian Church
119 Kenyon Road (intersection with Route 401)
East Greenwich 02818

**For more information, please contact Ann at 401-529-2020
or email AnnPsyD@Verizon.net**



Anyen Rinpoche is a tulku from Amdo, Tibet in the Longchen Nyingthig lineage of Dzogchen master Patrul Rinpoche. He is the heart son of Tsara Dhrarmakirti Rinpoche and also received full instruction on wind energy from the eminent Ngakpa yogi, Tulku Dorlo Rinpoche. Anyen Rinpoche is the spiritual Director of Orgyen Khamdroling in Denver, CO and the author of four earlier books, *Journey to Certainty*, *Dying with Confidence*, *Momentary Buddhahood*, and *The Union of Dzogchen and Bodhicitta*. His humorous and clear teaching style have made him a beloved teacher of both Western and Asian students.

