

THE BREATH OF MEDITATION

The Blessing Light Meditation & Mantra Recitation of Buddha Shakyamuni

A Workshop with Mahayana Dzogchen Dharma teacher Erik Jung
In association with Dave Merrill from Breath Northwest



Erik Drew Jung with his Root Teacher, Tibetan Lama, H.E. Dzogchen Khenpo Choga Rinpoche

- Experience the power of the mind and body in meditation.
- Learn how your thinking creates everything you experience.
- Go beyond a simply intellectual introduction of Dharma and Buddhist view.

For more information contact Dave: 206-453-9329

Erik is a life-long Buddhist practitioner and monk with the Dzogchen Longchen Nyingthig Lineage of Mahayana Buddhism and is under the guidance of His Eminence Dzogchen Khenpo Choga Rinpoche.

Come join Erik and Dave for an evening of meditation, breath work and teachings on some of the most important principles in the Buddhist tradition of enlightenment!

These teachings are given freely.
Donations are Welcome!

Location:

Present Sense Studio
4131 Woodland Park Ave N.
Seattle, WA 98103

When:

Tuesday February 15, 2011
From 6:00 – 9:00pm