



*Chagdud Gonpa Amrita presents*

## *Foundations of Vajrayana Retreat: Ngondro*

A non-residential weekend with Lama Padma Gyatso

**June 13-14, 2015**

at Chagdud Gonpa Amrita, 9653 Firdale Ave Edmonds WA 98020



"To accomplish the good of others, we must first perfect ourselves by purifying and transforming our minds. This is the aim of what we call the preliminary practices, which establish the foundations of all spiritual progress. You may feel like dispensing with these in order to practice teachings that you think are more profound, but if you do so, you are building a palace on the surface of a frozen lake."

-- Dilgo Khyentse Rinpoche

**Lama Padma Yontan Gyatso** began his formal Buddhist training in India in 1970 with the outstanding meditation master, the late Venerable Kalu Rinpoche. Returning to the U.S., he entered the Buddhist Studies Program at the University of Washington, while receiving many teachings at the feet of the late Venerable Dezhung Rinpoche, a master of all lineages. In 1982, he became a student of H.E. Chagdud Tulku Rinpoche who, in 1996, ordained him as a lama and appointed him as the teacher at Chagdud Gonpa Amrita. Currently, Lama Padma is the Lama-in-Residence at Rigdzin Ling in Northern California, the seat of the Chagdud Tulkus and Chagdud Gonpa Foundation.

**\$75 for CGF members and \$90 for non-members, meals and lodging not included.**

Please register online at [amritaseattle.org](http://amritaseattle.org)

For more information, call (206) 546-8095 or email us at [info@amritaseattle.org](mailto:info@amritaseattle.org)