

Gaden Choling Mahayana Buddhist Meditation Centre

Presents:

# 'Waking, Dreaming and Dying: A Tibetan Buddhist View'

A weekend of study and meditation on the views, insights & practices of living and dying according to Tibetan Buddhism

With

**Chuck Damov**



**Friday, Feb. 19th, at 7-9**

Suggested donation \$10

*Introduction to life, death and rebirth: The Tibetan Buddhist view*

**Saturday, Feb. 20th, from 9-5**

Suggested donation \$25

*Precious human life, exploring the relationship between the dreaming of life and the dying process*

**Sunday, Feb. 21th, from 9-5**

Suggested donation \$25

*Buddhist exercises and practices related to dying, for self and others and the 8 inner visions*

*Please join us for this weekend of teaching and reflection on understanding the cycle of life according to the teachings of Tibetan Buddhism. Chuck Damov has studied Tibetan Buddhism for 30 years under many Tibetan lamas, especially his root guru Zasep Rinpoche (Spiritual Director of Gaden Choling). Chuck's considerable experience with Sutra and Tantric Buddhism, in terms of both study and retreat, makes him an excellent teacher. His teaching style is gentle, thoughtful, and interactive, and he has an ability to relate to students at their own level. Participants are welcome to attend all or part of this weekend. Seniors, students and the under-employed can pay what they like. Please contact us with any questions you may have.*

**Gaden Choling is located at 637 Christie, St (one block south of St. Clair), Toronto, ON, (416) 651-3849, g.choling@gmail.com, www.gadencholing.org**