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Teaching & meditation

In affiliation with the Tibetan Buddhist Practices Group, Geshe Dorjee teaches and leads meditation: Each Sunday morning from 11:00 am to approximately 12:30 pm.

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Buddhism - shambhala

Shambhala is a union of the Kagyu and Nyingma lineages of Tibetan Buddhism with the Shambhala teachings of meditation practices, wisdom teachings,

Tarthang tulku (author of gesture of balance) -

Tarthang Tulku Rinpoche He is often credited as having introduced the Tibetan medicine practice of Kum Nye (sku mnye)

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