

Tonglen



the Compassion Practice of Giving and Receiving

**Four Tuesdays: September 18, 25 & October 2, 9
7 – 8:30 PM**

1835 S. King Street, Seattle

Pre-register: rigdzin@pscs.org or 206-992-6580

Prompted by the pervasive expressions of suffering and turmoil at this time, and the wish to alleviate that pain, this class is offered by Buddhist teacher Diane Berger.

Imagine it as a tool in your back pocket
–there it is when the need arises around you, or in the world, or for yourself–
this powerful Tibetan form of prayer and healing is
transformation and compassion at its core.

Suggested donation: \$35 for the course, or \$10/session

Please pre-register since space is limited

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