Vajrayogini Meditation Center

Presents

Life, Death and Rebirth:

A Tibetan Buddhist View

An afternoon workshop on the insights & practices of living and dying
In the Tibetan Buddhist tradition

With

Chuck Damov

Saturday, December 5th, 2:30-5:30 pm

at the Seattle Public Library, University branch

5009 Roosevelt Way N.E.
Seattle, WA 98105

This is a public offering at no fee..

Chuck has been a practitioner for 28 years. He has studied with many Tibetan masters, undertaking intensive Buddhist learning and retreats in India / Nepal for four years before settling in Vancouver, B.C. There he became a senior student in Lama Zasep Rinpoche's Zuru LIng Buddhist meditation center. He completed a 7 year program of Buddhist studies. For 5 years he taught an introductory course in Buddhism at the college level. He has experience with both Sutra and Tantric Buddhism in his study and personal retreats which has provided him the opportunity to develop into the teacher he is today. His teaching style is gentle, thoughtful and interactive and lends itself to relating to students at their own level of understanding. At the request of his lama, Zasep Rinpoche, Chuck has been teaching at various Dharma centers in North America for the last 12 years.

For more information, call Jane Dignan (206) 352-2153

For information on Venerable Zasep Rinpoche and his teachings please visit
http://community.palouse.net/lotus or www.gadenforthewest.org