

Saturday MAY 30th, 2015 • from 1 to 4pm

BUDDHA DAY

MEDITATIONS • CHANTING • KOAN PRACTICE • FOOD AND SOCIALIZING • EVENTS FOR KIDS

taking place at:

SunWater Spa

514 EL PASO BOULEVARD • MANITOU SPRINGS, CO USA

Greeting and Introduction

Sandy Vanderstoep, Sun Mountain Sangha

Speaker

Venerable Khenpo Lobzang Tenzin

Vajra Vida Retreat Center

“The Four Immeasurable Minds”

1 pm until 2:30 pm

ACTIVITIES

2:30 pm until 4 pm

Loving Kindness Meditation

Karen Recktenwald, Bodhi Mind Center

Practicing the wish that all beings be happy, content, and fulfilled

Offered in two 30 minute sessions

Compassion Meditation

Kat Tudor, SunWater Garden Spa

Practicing the wish that all beings be free from suffering

Offered in two 30 minute sessions

Walking Meditation

Steve Berger, Sun Mountain Sangha

Walk in joy as if your feet are kissing the earth

Offered in two 30 minute sessions

Koan Practice

Sarah Bender, Springs Mountain Sangha

Traditional Zen practice of looking deeply

Offered in one 60 minute session

Kid's Program

***Gale Derrick, Judy Jacob, Shelly Jo Jones, Open Heart Sangha
Ivan Mayerhofer***

During the programs, the kid's will create prayer flags in the open area on the 1st floor

Chanting

Felicia Barbera, Nichiren Daishonin Community

Food and Socializing

Enjoy treats, cake, fruit, and cookies lovingly provided by our local Sanghas and Communities

Prayer Flag Display

The kid's will display the prayer flags they have created. 4 pm

ADDITIONAL MEDITATIONS

To support BUDDHA DAY, there will be meditations offered throughout the day beginning at 6:30 am until 1pm. Each session will be 45 minutes and will be conducted by a local Sangha.

6:30 am Open Heart Sangha, Paulette Morris

7:30 am Vajra Vida, Mountain Smoke Offering (Fire Puja)

10:30 am Sun Mountain Sangha, A Buddhist Approach to Peace and Ecology, Steve Berger

11#0 am Nichiren Diashonin Community, Felicia Barbera

About The Venerable Khenpo Lobzang Tenzin:

Kyabje Khenchen Thrangu Rinpoche appointed his illustrious student, Venerable Khenpo Lobzang Tenzin, to represent him as a full professor in Tibetan Buddhism's Kagyu Lineage. Born in Bhutan to a Geshe in the Gelong lineage, Khenpo Lobsang had a yearning for Dharma and at nine became a monk in Thrangu Rinpoche's care. He received full ordination in 1985. In 1996 Thrangu Rinpoche officially invested him with the prestigious title "Khenpo", and in 2004 appointed him Principle Professor and Director of all his monastic colleges. He held that position until appointed in 2013 to move to the United States to help oversee the inaugural three-year Mahamudra Retreat at Throng Rinpoche's monastery in Colorado and provide authentic teaching at Rinpoche's other American and Canadian centers. To fulfill these roles, Khenpo mastered English and is now acclaimed for his remarkable ability to convey Buddhism's complex ideas with great humor and unflinching kindness.

This Celebration

has been graced by the open hearted generosity of SunWater Garden Spa and The Smokebush Foundation. We would like to express our gratitude for their loving and visionary stewardship