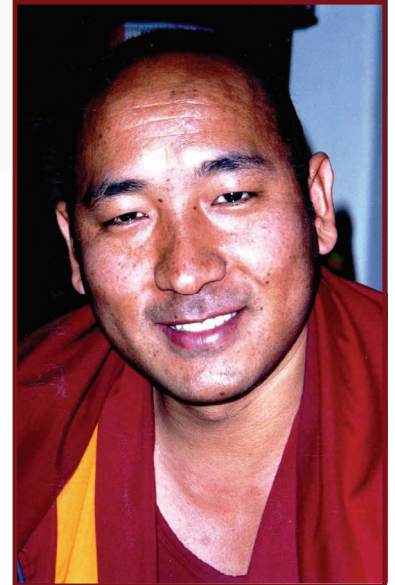


The Foundation of Tibetan Buddhist Practice with visiting Master Geshe Thubten Sherab



**February 26-28
Friday evening, 6:30pm
through Sunday lunch, 1pm**

Hosted by:



Milarepa Center
1344 US Route 5 South
Barnet, VT 05821
(802) 633-4136
www.milarepacenter.org

Meditation courses, retreats,
healing practices,
serene beauty.

The path to enlightenment includes three principal aspects: Renunciation, the determination to be free from cyclic existence and attain liberation; Bodhicitta; the loving, compassionate aspiration to become a Buddha in order to benefit all beings most effectively; and Emptiness, the wisdom that understands the actual way that we and all phenomena exist.

Join this insightful program and learn the fundamentals of Tibetan Buddhist practice. Geshe Sherab lived for several years in the U.S. and teaches in English. He lends a delightful and open style to his programs and presents the teachings in a very accessible down-to-earth manner.

Geshe Thubten Sherab was born in the Manang region of western Nepal and entered Kopan Monastery outside Kathmandu at the age of 9. When he was 22, Geshe-la moved to Sera Je Monastery in south India for further study and the completion of his Geshe (Ph.D.) degree. He studied an additional year at Gyumé Tantric College and in 2001, accepted the assignment of teaching in Santa Fe and Taos, New Mexico. Now in his early forties, Geshe-la just completed a 4-year position as headmaster at Kopan Monastery and oversaw the entire education program there.

**Suggested donation: sliding scale \$225-\$100 per person
(includes all meals and shared accommodation).
No one turned away for lack of funds. Cabins also available.
Please register by calling (802) 633-4136 or by emailing us at
milarepa@milarepacenter.org.**

*The Three Principal Aspects of the Path
with Geshe Thubten Sherab*

February 26-28

Program

Friday:	6:00pm	Registration and Dinner
	7:15pm	Orientation
	7:30-9:00pm	Introductory Session
Saturday:	7:00-8:00am	Meditation
	8:00am	Breakfast
	9:00am-12:00pm	Session with short break
	12:00-2:00pm	Lunch and break
	2:00-5:00pm	Session with short break
	6:00-7:00pm	Dinner
	7:00-8:30pm	Session
Sunday:	7:00-8:00am	Meditation
	8:00am	Breakfast
	9:00am-12:00pm	Session with short break
	12:00pm	Lunch and clean-up