

Medicine Buddha: Door to Boundless Healing



In this weekend retreat, Lama Bruce will help us uncover our innate capacity for healing. Using Tulku Thondup's book, *Boundless Healing*, Lama Bruce will guide us through profound meditations of the Medicine Buddha adapted for Westerners which nurture health and liberation. This retreat will benefit anyone interested in healing as a means for self transformation. Learn practices that help to improve health and teach you to find comfort and relief during times of illness and mental distress.

- Instructor:** Lama Bruce Newman
Schedule: Saturday and Sunday, December 7-8
10-12:30 and 2:30-5
Location: **Dechen Ling**
688 Clay Street, Ashland
Tuition: \$75 (suggested donation)

For more information, call us at 541-897-4290