

**Chagdud Gonpa Australia**  
**Sydney Red Tara**  
Presents

**Lama Pema Dorje Rinpoche**

**August 14<sup>th</sup> – 16<sup>th</sup> 2009**

Lama Pema Dorje Rinpoche is a yogi of the old Nyingma school of Tibetan Buddhism and was born into a renowned family of Tibetan yogis. He

was a student of the great masters H.H. Dudjom Rinpoche, H.H. Dilgo Khyentse Rinpoche, Chatral Rinpoche, Chagdud Rinpoche, and Trinley Norbu Rinpoche, many of whom requested that he teach. He has become a teacher of the teacher's. This is Rinpoche's second visit to Australia. Rinpoche has had Guru Yoga, the essence of the victorious ones wisdom, body, speech and mind coming together in the root teacher, as his heart essence practice. This is the basis of the practice of the great Perfection Ati Yoga. There is nothing higher. Rinpoche will be teaching on this.



**Guru yoga and Dzogchen**

**DATE: Friday 14<sup>th</sup> August**

**Venue: RIGPA Centre, Level 3, 822 George Street, Sydney**

**TIME: 6.30 – 700 pm commencement**

**COST: \$30 – \$20 concession No EFTPOS facilities available cash only**

Rinpoche will also be giving a weekend teaching on Lu Jong, a form of ancient Tibetan Tantric Yoga which opens the body's charkas both coarse and subtle, and is used for self healing and prevention of disease as well as to bring about psychophysical conditions important on the path towards enlightenment. A practitioner's body is the vehicle to reach a higher state of mind and inner wisdom. With Lu Jong practice the practitioner is able to open to and connect with the natural and unchangeable bliss of our true nature. A White Tara long life empowerment (from the lineage of Jamyang Khyentse Wango) is required for the practice of Lu Jong and teachings, this will be given by Rinpoche Saturday morning.

**Weekend Lu Jong teachings**

**DATE: Saturday 15<sup>th</sup> August – Sunday 16<sup>th</sup> August**

**VENUE: RIGPA Centre, Level 3, 822 George Street, Sydney**

**TIMES: 9.30 am – 12 .00 pm – 2.00pm – 4.30pm.**

**COST: Weekend \$170 – \$150, daily \$85 – \$65 No EFTPOS facilities available cash only**

Wear loose clothing suitable for yoga

For bookings & enquires contact:

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