



**Online Course: Distinguishing Samsara from Nirvana
With Traleg Khandro**

Dates: 5 Tuesday Evening Sessions

July 22, 29, August 5, 12 & 19

Time: 7.30-9.00 PM Eastern (New York) time

Cost: Online courses are by Donation



This summer Traleg Khandro (Felicity) will give commentary on Traleg Kyabgon Rinpoche IX's teachings exploring the causes of suffering and the path out of suffering. This course is designed to build an intimate knowledge of the causes of samsara, cyclic existence, in order to build greater understanding of what it is we are seeking to free ourselves from. We will also look at "the path", the journey out of samsara - exploring the idea of transformation, development of wisdom, approaches to meditation and so on. Course material will be provided and discussion is encouraged throughout the course. Meditation techniques will also be introduced during the course.

Traleg Khandro, long-time student and wife to the late Traleg Kyabgon Rinpoche IX, is a Director at E-Vam Institute in Melbourne and the U.S, and runs Shogam Publications, Traleg Rinpoche's publishing arm. Khandro studied Buddhism under Traleg Rinpoche's guidance for many years and has undertaken numerous long meditation retreats. Khandro has given commentary of Rinpoche's teachings in Australia, America, Europe, U.K., and South East Asia. At Rinpoche's request Khandro also received traditional LuJong (Tibetan Yoga) training after qualifying as a Hatha Yoga instructor. Khandro has a degree in Psychology.

Bookings and Enquiries

Email: office@evam.org to receive zoom details, hand-outs and course notes.

Course donations Here are the options for you to make a donation:

- PayPal online donation: via the E-Vam website: <https://evam.org/donate> or directly through PayPal: payments@evam.org
- By Check: Correspondence and donations
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E-Vam Buddhist Institute Center of Traleg Kyabgon Rinpoche the Ninth and Tenth