



## E-Vam Buddhist Institute

### Teaching Program November 2025 - May 2026

- Online Courses
- In-Person Mahamudra Retreat, Crestone CO, 24 - 30 May 2026
- Bookings & Inquiries: [office@evam.org](mailto:office@evam.org)

[EVAM.ORG](http://EVAM.ORG) [SHOGAM.COM](http://SHOGAM.COM) [TRALEGRINPOCHE.ORG](http://TRALEGRINPOCHE.ORG)

E-Vam Buddhist Institute, the Centre of Traleg Kyabgon Rinpoche 9th & 10th. Our online programs are via zoom, and all online courses are by donation. For more information or to book into a course please email [office@evam.org](mailto:office@evam.org). Course dates may be subject to change so please confirm your intention to attend. Once booked a zoom link and other information will be forwarded to you.

If you are interested in attending the May 2026 In-person Retreat please email E-Vam and an information sheet and application details will be forwarded to you.

#### Nov - Dec 2025

##### **LoJong - Cultivating Compassion through Training the Mind**

**With Lama Jinpa on Zoom**

**Time:** Tuesdays 7.30-8.00pm Eastern (New York) time for 5 sessions

**Dates:** November 4, 11, 18, December 2 & 9. (Break for Thanksgiving)

**Cost:** by donation

**Email [office@evam.org](mailto:office@evam.org) if you wish to attend**, then course and zoom details will be forwarded to you. Confirm your zoom name prior to the course so we can let you in to the sessions.



In this course Lama Jinpa will continue to elucidate the meaning of the slogans on relative bodhicitta, providing practical advice on the techniques and contemplations within the LoJong tradition to help us generate an enlightened heart.

Drawing on his own experience, and providing commentary on aspects of the book *LoJong: Cultivating Compassion through Mind Training*, by Traleg Kyabgon Rinpoche, Shambhala Publications, Lama Jinpa will help bring these traditional practices to life. Excerpts from the publication and other hand-outs will be emailed to participants during the course and shared online during the session.



Photo: Traleg Kyabgon Rinpoche IX

#### Jan - Feb 2026

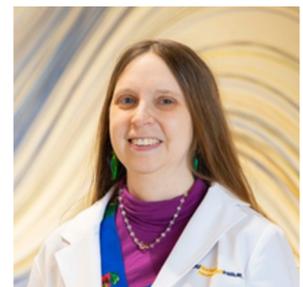
##### **The Neuroscience of Meditation Practices With Dr. Julie Brefczynski-Lewis on Zoom**

**Dates:** 4 consecutive Tuesdays Evening Sessions January 20, 27, February 3 & 10 2026

**Time:** 7.00pm-8.30pm Eastern (New York) time

**Cost:** Online courses are by donation

In this course, we will dive into how the brain's attention, emotion, and motivational systems work, such that Buddhist and secular practitioners alike may better appreciate mindfulness practices and teachings.



Being careful not to materialize, we will examine the pros and cons of secular mindfulness approaches in reducing human suffering, view scientific studies on meditation with a Buddhist lens, and debate how the omission of certain traditional elements influenced current issues in the field. This is not just a passive course on secular mindfulness-based interventions, as we will experiment with and discuss novel ways of integrating more traditional roots into these practices.

- Week 1:** Mindfulness practices, research and applications
- Week 2:** Attention and emotions- science is catching up with Abhidharma
- Week 3:** Using neuroscience knowledge to make space for tradition, without imposing faith
- Week 4:** Knowing how the brain works may help one live a meaningful life

April 2026

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**Mahamudra Approach to Meditation  
With Lama Jinpa on Zoom**

**Time:** Tuesdays 7.30-8.00pm Eastern (New York) time  
for 4 sessions

**Dates:** April 17, 14 21 & 28.

In this very practical course Lama Jinpa will provide commentary and discussion on the unique approach to mediation in the Mahamudra tradition. Lama Jinpa's inspirational discussions are designed to build a bridge from the traditional Mahamudra meditation instructions to their practical application. For those attending the May 2026 E-Vam Mahamudra Meditation retreat, this course will assist in providing a foundation for the teachings that will be given on retreat.

May 2026

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**In-Person Retreat  
Path of Mahamudra Meditation**

Crestone, Colorado, 24-30 May 2026

**The Teacher**

Venerable Khenpo Lobzang Tenzin is a very highly regarded teacher in the Kagyu lineage, trained under the guidance of Kyabje Thrangu Rinpoche. As well as giving teachings each day of the retreat Khenpo La will also lead many of the puja's and meditation session. There is a more detailed biography of Khenpo La at the end of the information sheet.

**The Topic**

Khenpo La will give teachings on Khenpo Gangshar's profound Vivid Awareness teachings. The teachings simplify Mahamudra and Dzogchen practices for experiencing the mind's true nature, especially helpful during difficult times.

Khenpo La will elucidate and give commentary on the Vivid Awareness teachings that are summarized in a book by the same name by Khenchen Thrangu. The book is quite readily available on line and at the KTD Woodstock book shop, should you wish to study prior to retreat, or take the book on retreat with you.

**The Retreat will include**

Daily teachings by Khenpo Lobzang Tenzin

Morning and evening puja's

Guided meditation sessions

Study group discussions led by Lama Jinpa

For those who wish to we also hope to visit the E-Vam land to say prayers and bless the land, and visit the Tashi Gomang Stupa - <https://karmapastupa.org/>.

The full schedule is included in the information sheet.  
Email [office@evam.org](mailto:office@evam.org) to request an information sheet.



**Venerable Khenpo Lobzang Tenzin** is acclaimed for his broad understanding and beloved for his cheerful manner and kindness, he unites a natural affinity for teaching with sound expertise in Tibetan Buddhist philosophy and practice. He has trained throughout his life in the rigorous monastic disciplines of study, language, scripture, reasoning, music, and arts.

After graduating from the monastic college in 1995, Khenpo Lobzang completed the Kagyu Mahamudra Ngöndro retreat under Drupon Sherab Tendar at Thangru Rinpoche's Namu Buddha Retreat Center in Nepal. Thereafter he served as Head Umze (Chant Leader) for one year at Thangru Tashi Choling in Boudhanath, Nepal, during which time he became proficient in the central tantric sadhanas of the lineage. In 1996, at Namu Buddha, Kyabje Thrangu Rinpoche officially invested him with the title of Khenpo.

In 2013, Khenpo Lobzang left India to join retreat master Khenpo Jigme of Vajra Vidya Retreat Center in Crestone, Colorado, Kyabje Thrangu Rinpoche's seat in the United States. The two Khenpos completed overseeing Vajra Vidya's inaugural Kagyu tradition three-year retreat. Currently, in addition to supervising and teaching visiting retreatants, he continues his efforts to preserve and spread the precious teachings of the Buddha, giving teachings in English for study groups and Dharma centers throughout the United States, as well as providing private instruction for individual retreatants.

## THE TEACHERS

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### **E-Vam Buddhist Institute founder Traleg Kyabgon Rinpoche IX Brief Biography**

Traleg Kyabgon Rinpoche IX (1955-2012) was born in Nangchen in Kham, eastern Ti-bet. He was recognised by His Holiness XVI Gyalwang Karmapa as the ninth Traleg tulku and enthroned at the age of two as the supreme abbot of Thrangu Monastery. Rinpoche was taken to Rumtek Monastery in Sikkim at the age of four where he was educated with other young tulkus in exile by His Holiness Karmapa. Rinpoche studied under the auspices of His Eminence Kyabje Thuksey Rinpoche at Sangngak Choling in Darjeeling. He also studied with a number of other eminent Tibetan teachers during that time and mastered the many Tibetan teachings with the Kagyu and Nyingma traditions in particular. Rinpoche moved to Melbourne Australia in 1980 and commenced studies in comparative religion and philosophy at LaTrobe University. He established E-Vam Institute in Melbourne in 1982 and went on to establish further Centers in Australia, America and New Zealand. Throughout his life Rinpoche gave extensive teachings on many aspects of Buddhist psychology and philosophy, as well as comparative religion, and Buddhist and Western thought. He was an active writer and has many titles to his name. Titles include: the best selling *Essence of Buddhism*; *Desire: Why It Matters*; *Vajrayana: An Essential Guide to Practice*; *Song of Karmapa*; *Karma, What It Is, What It Isn't, and Why It Matters*; *The Practice of Lojong*; *Moonbeams of Mahamudra*; *How To Do Life*, *Circle Of The Sun*, *Longchenpa's Three Cycles of Natural Freedom*; and many more. Rinpoche's writings are thought provoking, challenging, profound and highly relevant to today's world and its many challenges.



## ONLINE COURSE LEADERS

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**Lama Jinpa (Aaron)**, is a longtime student of Khenpo Karthar Rinpoche. He completed the traditional Karma Kagyu three year retreat at Karne Ling Retreat Center in Delhi NY under Rinpoche's guidance. Since that time he has served Rinpoche and the KTD community by teaching regularly at KTCs. Lama Jinpa is a householder practitioner, and enjoys practicing at home with his family. Lama Jinpa regularly gives courses for E-Vam Buddhist Institute and is a valued presenter always bringing such insight and warmth to his courses.

**Dr. Julie Brefczynski-Lewis** is a Research Assistant Professor in the Department of Neuroscience at West Virginia University. She received her PhD in Cell Biology, Neurobiology, and Anatomy from the Medical College of Wisconsin. Brefczynski-Lewis has been practicing and researching meditation practices for more than 20 years. Currently, the Brefczynski-Lewis lab is testing the effectiveness of compassion meditation to help deal with the stress and negative emotions related to difficult interpersonal relationships, and has helped developed novel neuroimaging methods that allow more natural behavioural testing.

## BOOKINGS & INQUIRIES

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**Email:** [office@evam.org](mailto:office@evam.org) to receive zoom links and handouts for the online courses.

Also you can email E-Vam to request an information sheet and booking form for the in-person Mahamudra Meditation Retreat. Bookings are essential to attend both the online courses and retreat. The online courses are by donation. There is a set fee for retreat, and special rates can be provided for anyone experiencing financial hardship.

### **Course Donations To E-Vam Buddhist Institute**

Online Courses are by donation. Here are the options to forward donations to E-Vam:

•**PayPal Online donations:** [https://evam.org/donate/ or payments@evam.org](https://evam.org/donate/orpayments@evam.org)

•**By Check** - Correspondence and Donations  
c/o David Katzenstein, P.O. Box 447, South Egremont  
MA 01258-0447

**We hope you can join us for the online courses and for the in-person retreat in May 2026.**



**E-Vam Buddhist Institute U.S.  
Center of Traleg Kyabgon Rinpoche the 9th and 10th**

Websites: [evam.org](http://evam.org) [shogam.com](http://shogam.com) [TralegRinpoche.org](http://TralegRinpoche.org)

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