

Introduction to Tibetan Buddhism

Geshe Graham Woodhouse

Sunday 19th July 2020

6.00pm -7.30pm

The Buddhist path leads to a **peaceful and happy mind** through the development of awareness, kindness and wisdom. All forms of Buddhism share key concepts such as meditation, ethics and enlightenment. This talk provides a **wonderful opportunity** to hear about Tibetan Buddhism from Geshe Graham Woodhouse, a Buddhist monk ordained by His Holiness the Dalai Lama in 1991, and **one of only five westerners** to complete this level of monastic training.



Geshe Graham's **inspiring and accessible talk** will be of interest to those new to Buddhist ideas and to those more familiar with this ancient tradition of spiritual and personal development.

Venue: Live Online, via Zoom
Register via: lamrimmanagers@gmail.com

Lam Rim Buddhist Centre, Wales is delighted to welcome Geshe Graham for this first of three online teachings he has kindly offered to provide for us.

Save & Follow this link on the day:
<https://us02web.zoom.us/j/82457814096>

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