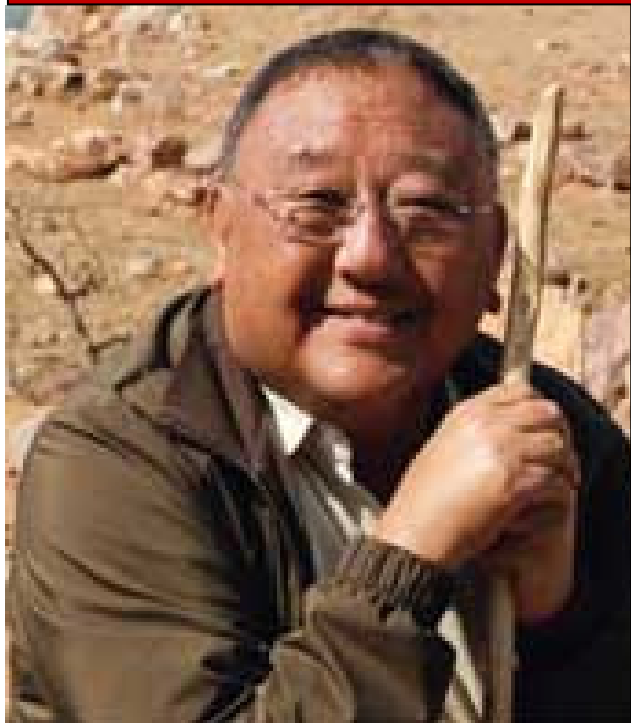


☞ **RARE OPPORTUNITY** ☞



Jewel Heart Chicago
presents

**Training the Mind
in Eight Verses**
with Gelek Rinpoche

**Saturday and Sunday,
July 11 and 12, 2009**
*10 am-12 noon & 2-4 pm
each day*

**Shambhala Meditation
Center of Chicago**



Training the Mind in Eight Verses

In this workshop celebrated Tibetan Buddhist master **Gelek Rinpoche** shares the Buddhist method for transforming adversity into an opportunity for spiritual growth.

Born in 1939 in Lhasa, Tibet, **Gelek Rinpoche** has played a crucial role in the survival and transmission of Tibetan Buddhism. He is among the last generation of Tibetan Lamas fully trained in "Old Tibet," pre-1959. Rinpoche is known for his ability to relate traditional Buddhist teachings to contemporary life with clarity, intelligence and humor.

Location: Shambhala Meditation Center, 7331 N. Sheridan
(SE corner of Sheridan Road and Sherwin Avenue)

Cost: \$75 in advance for both days (\$85 at door)/\$40 for one day

New classes starting soon!

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