

Khentrul Lodrö Thayé Rinpoche

Taming the Wild Horse of the Mind Part IV

Originally taught by the Buddhist scholar, Atisha, these 7-Key Points of Mind Training are widely practiced methods for taming the mind. Because these skillful methods of meditation (called *lojong*) are complete in and of themselves, they are like a wish-fulfilling gem.

All are welcome. No prior experience necessary. Rinpoche will summarize parts I-III.



Two-day Teaching

7 Key Points of Mind Training Part IV

Feb. 19-20, 2011

**10:00 a.m. - Noon and
2:00 p.m. - 5:00 p.m.**

Suggested donation \$35 each day

No one will be turned away for lack of funds

Location:

**Episcopal Church Center of Utah
75 S 200 E Salt Lake City, UT
Wasatch Room**

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