

*Palyul Changchub Dargyeling D.C. Area presents*

# Tibetan Buddhism Teachings with Khenchen Tsewang Gyatso Rinpoche

**Wednesday, November 16th 7-9pm**

**Chod - Teaching from Khenchen followed by practice  
with Lamas Jigme and Rabjay**

*All are Welcome*

**Thursday, November 17th 7-9pm**

**Lha Bab Duchon Tsog with Khenchen and Lamas  
Jigme and Rabjay**

*All are Welcome, Encouraged and Requested to come*

**Friday, November 18th 7-9pm**

**Intro to Ngondro - A wonderful opportunity for  
curious new students and advanced practitioners**

*All are Welcome*

**Saturday November 19th**

**10am-noon - Manjushri Empowerment**

**2-5 pm - Teaching: Buddhahood Without Meditation  
(Nang-Jang)**

*\*Prerequisite - please see below*

**Sunday November 20th**

**10am-noon - Introduction to Buddhism**

**2pm - Yumka Tsog with Khenchen & the Lamas**

*All are Welcome, Encouraged and Requested to come*

*Please note that unscheduled activities with Palyul  
Lamas Jigme and Rabjay may spontaneously occur*

## **LOCATION:**

**Mindful Hands Gallery**

211 King Street 3rd floor

Alexandria VA 22314

(703) 683-2074

[mindfulhands.com](http://mindfulhands.com)

For More Information  
Please visit PCD-DC on the web  
[www.palyuldc.org](http://www.palyuldc.org)

For the teachings \$20 donations are  
gratefully accepted, no one will be  
turned away for lack of funds.



*\*Prerequisite for Nang-Jang teachings;  
Khenchen has asked that those who would  
like to attend should have the Ngondro  
transmission and an Inner Tantric Empower-  
ment. If you have questions please contact  
us. (301) 879-8903.*



WASHINGTON D.C. AREA