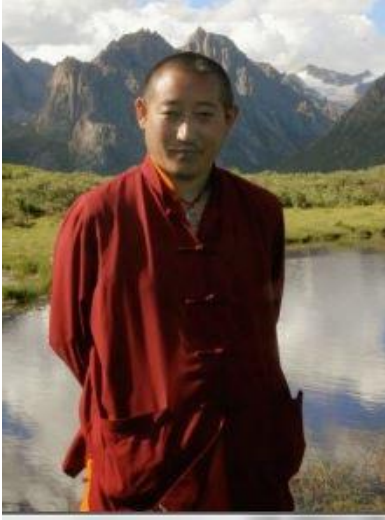


# Online Teachings Every Sunday

with

## Lama Lakshey Zangpo



Lama Lakshey is a meditation teacher who holds a doctoral degree from Setar Institute in Tibet. He instructs meditation from a real world perspective and is open to students of all backgrounds and meditation levels. Lama teaches the Buddha-Dharma throughout the United States to both small private and public groups, as a guest lecturer, and instructor in Eastern Psychology. He currently resides in Spokane, WA and gives teachings at his center Tsinta Mani Choling. You can read more about Lama and his activities at [tsintamani.org](http://tsintamani.org).



10:00 am to 11:00 am

Teachings on meditation, love and compassion.

Live Teachings via Zoom

**No time on Sunday? No problem!**

**Teachings are available online for 1 week.**

Call or text 509 385 2914 to register.

Tsinta Mani Choling is a 501c3 Nonprofit