

Samden Ling Celebrates Losar  
Tibetan New Year

Saturday February 15 2020

Morning and/or Afternoon Sessions

1110 SE Alder St. Portland OR 97214

Cushions and Chairs set up in this lovely location

Mindfulness Meditation

9:30am-noon

all levels welcome

Guided by Jacqueline Mandell

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Longchen Nyingthig Practices

12:30-3ish

Guided by Jacqueline

All levels welcome to Foundational Practices(Ngndro) at 12:30 followed by Green Tara Tsok to address corona virus. Please Note: End of the day practice Vajrakilaya restricted to those who received directly from A.zom P.aylo Rinpoche only in person or virtual.-

-Please Bring Your Own Texts if you have. & Tara Tsok-

Cost: Financial Donations Appreciated

Meritorious donations during Losar are greatly appreciated. Covers day rental (150.), annual insurance (450.), Rinpoche storage (400.) For those not attending, a great time to donate (a 501c-3) [www.samdenling.org](http://www.samdenling.org) (on home page, scroll down on right to 'donation' please include name & email for receipt. Further Information & Questions contact [info@samdenling.org](mailto:info@samdenling.org) PO Box 28062 Portland OR 97228-8062

