



## Green Tara retreat with Yangsi Rinpoche

Centre for Wisdom and Compassion is extremely pleased to announce that Yangsi Rinpoche will be visiting Copenhagen on the 23<sup>rd</sup> and 24<sup>th</sup> of June.

Rinpoche teaches in English and is admired wherever he travels for his unique presentation of the Dharma, his interest in and enthusiasm for Western culture, and his evident embodiment of the wisdom and compassion of the Buddhist path.

Green Tara retreat, Sunday 24<sup>th</sup>, 10:00-5:00pm.

Rinpoche will be leading a full day of Green Tara practice. No initiations are required.

Tara is a female bodhisattva who in myth was born from Chenrezig's tears of compassion. She is known to protect from fear and danger, heal illness, increase longevity and prosperity. On the ultimate level, she awakens wisdom so that we can realize the true nature of reality. In the Mahayana Buddhist tradition, it is believed that the practice of Tara brings instant help to overcome all problems and to actualize our material needs and heartfelt wishes.

**Public talk: Walking in the footsteps of the Buddha in the busy streets of the West, Saturday 23<sup>rd</sup>, 19:00-21:00pm.**

Buddhism is a 2500 years old philosophy, psychology and religion and until recently, it was primarily practiced in the East. But, how does Buddhism apply to modern life in the West? What can we learn from it? Is it outdated or still relevant? Rinpoche will reflect on these questions based on his extensive experience from both the East and the West.



**Price:**

*Green Tara practice*, Sunday 24<sup>th</sup> 10-17pm: 400DKK / 350DKK\*

*Public talk*, Saturday 23<sup>rd</sup> 19-21pm: 200DKK / 150DKK\*

\*reduced price for students, unemployed, retired

**Place:**

Sofias Hus, Godthåbsvej 6A, 2000 Frederiksberg

**Registration:**

No registration is required, but please show up 30 minutes before the teaching start. Doors will be open from 45minutes before the teachings start and will close on time.

**About the teacher:**

Rinpoche has trained in the traditional monastic system for over twenty-five years, and practiced as a monk until the age of 35. In 1995, he graduated with the highest degree of Geshe Lharampa from Sera Je Monastery in South India. He then completed his studies at Gyume Tantric College, and, in 1998, having the particular wish to benefit Western students of the Buddhadharma, Rinpoche came to the West to teach and travel extensively throughout America and Europe. He founded Maitripa College in 2005 in Portland, Oregon.