



Piedmont Karma Thegsum Choling

a center for the study and practice
of Tibetan Buddhism

Lama Losang – The Art of Living Weekend Retreat September 26-28, 2014

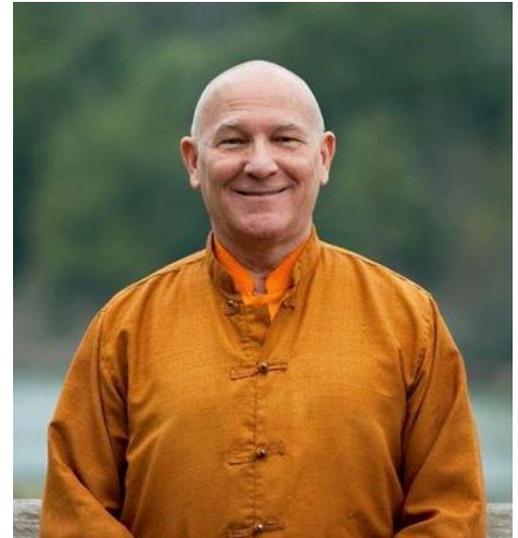
Friday Night Public Talk:

Healing in the Asian Tradition

The public talk will serve as an introduction to the weekend retreat, and will include a few acupuncture points and a Chi Kung experience. Attendees will take home some tools they can begin to work with, and a better understanding of healing and health as practiced in this tradition.



September 26, 2014, Friday, 7:30 to 9:00 pm.
Seymour Senior Center, 919-968-2070
2551 Homestead Road, Chapel Hill, NC, 27516
For any questions, call 919-968-9426



Weekend Teaching:

Principles and Practice of Asian Healing for Body, Mind, and Spirit

This weekend course is a personal journey to discover and explore your health and happiness. It is based on traditional Asian healing principles that are thousands of years old and encompasses ways of healing body, mind and spirit. Techniques covered will include: sitting and walking meditation for serenity and peace of mind, Tai Chi/Chi Kung gentle stretching for strength, flexibility and balance, Five Element approach to a healthy lifestyle (including diet and nutrition), acupuncture massage therapy for self-healing and relaxation, and Psychology of Happiness for cultivating loving kindness and compassion.



September 27-28, 2014, Saturday and Sunday, 9:30 am to noon, 1:30 pm to 4 pm.
134 Circadian Way, Chapel Hill, NC (in town of Carrboro). Suggested donation of \$60/day.
Pre-registration is recommended at the contact information below.

About Lama Losang: Lama Losang (Dr. David Bole) is currently director of the Traditional Acupuncture Center, a holistic healthcare facility in Gainesville, Florida. He is the resident teaching Lama for the Gainesville Karma Thegsum Chöling, a Tibetan Buddhist meditation center under the guidance of Khenpo Karthar Rinpoche, Abbot of Karma Triyana Dharmachakra Monastery in Woodstock, NY. He received a Ph.D. in Psychology from the Univ. of Florida, is a licensed Acupuncture Physician, and teaches Asian medicine, meditation, and Tai Chi Chuan. He completed the three-year retreat in the Karma Kagyu lineage tradition. As a Westerner trained in these ancient healing arts, Lama Losang is able to bridge the gap between Eastern and Western philosophical approaches and provides a unique synthesis to health and healing.

FOR MORE INFORMATION: Visit www.piedmontktc.org, or email piedmont.ktc.info@gmail.com, or call 919.968.9426