



# Piedmont Karma Thegsum Choling

a center for the study and practice  
of Tibetan Buddhism

## Khenpo Karma Tenkyong

### November 10-12, 2017

Friday Night Public Talk at Unity Center of Peace:

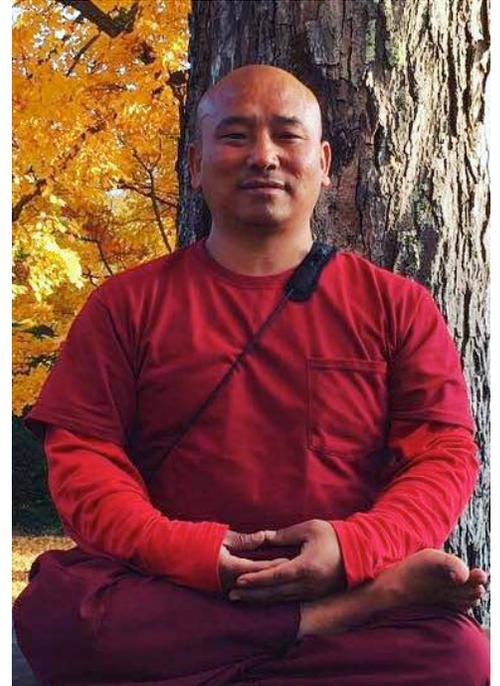
### **Spirituality and the Environment**

Khenpo Tenkyong will teach on interdependence in the Buddhist tradition, and in particular, our relationship with the environment. What is our connection with the world around us and how can we help protect our fragile planet? Khenpo Tenkyong cares deeply about these issues and helped author "108 Things You Can Do to Save the Environment," a set of guidelines for Buddhist monasteries, nunneries, and individual practitioners.



**Nov. 10, 2017, Friday, 7:30 to 9:00 pm.**

Unity Center of Peace, 8800 Seawell School Road, Chapel Hill, NC. Suggested Donation \$10.



Weekend Workshop at Arcadia Cohousing Community

### **Shamatha Meditation and Himalayan Yoga Workshop**

The cultivation of a peaceful mind centers around meditation, which relies on the foundation of a flexible body. Simple Himalayan yoga movements, meditation techniques, and breathing techniques help open your body and prepare us for meditation, stimulate the nervous and circulatory systems, improve breathing, increase flexibility, and open energy centers. All levels are welcome. There will be an opportunity for Q&A. Private interviews with Khenpo Tenkyong will also be available. Please bring a yoga mat or blanket.



**Nov 11, 2017, Saturday, 10 am to 12, 1:30 pm to 4:00 pm (times subject to change.)**

**Nov 12, 2017, Sunday, 9 am to 11:30, 1 pm to 3 pm (times subject to change.)**

134 Circadian Way, Chapel Hill, NC. Suggested donation \$60/day.

Khenpo Karma Tenkyong currently serves as a resident teacher and President of KTD Monastery in Woodstock, NY. A native of Nepal, he became a monk at a young age and later undertook an eleven-year course of Buddhist studies at Rumtek Monastery, earning a Shastri (B.A.) and Acharya (M.A.) Degree in Buddha's Teaching in the Sutra Tradition. Khenpo Tenkyong has extensive experience teaching religious history, Buddhist philosophy, and logic. He was awarded the title of Khenpo by the 17th Karmapa, for whom he worked for more than eleven years at the Karmapa's Office of Administration in Dharamsala, India.