



Chagdud Gonpa Amrita

The Seven Points of Mind Training

with Lama Padma Gyatso

Wednesdays - March 3rd to April 7th at 7:00PM



These teachings lie at the heart of the Mahayana tradition and are an **essential training** in developing genuine compassion. The source of these precious teachings is the Mind Training (*Lojong*) of the Indian master Atisha (982-1054) and Gyalsay T'hog Med Zangpo (1295-1364) of Tibet.

This training is sequential and regular attendance is encouraged.



Although teachings are offered at no charge, it is highly meritorious to make an offering to support dharma activities.

Please note there has been a schedule change.

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Chagdud Gonpa Amrita is a 501(c)(3) non-profit organization. All offerings are tax-deductible.