



Ringu Tulku

Ringu Tulku Rinpoche is a Tibetan Buddhist Master of the Kagyu Order. He has served as Professor of Tibetan studies in Sikkim for twenty five years. Since 1990 he has been travelling and teaching Buddhism and meditation at universities, institutes and Buddhist centres in Europe, USA, Canada, Australia and Asia. He also participates in various interfaith and science and Buddhist dialogues. He has authored books on Buddhism and some children's books both in Tibetan and European languages.

Letting go of Anxiety

Skillful Ways of Transforming Disturbing Emotions (attachment, anger, jealousy, pride, desire) into the Buddhist Path of Wisdom & Compassion

Saturday April 30th 2011

10 - 12 am & 2 - 4 pm

Friend's Meeting House
1a Ordnance Road
Southampton SO15 2AZ

Car parking available in nearby Carlton Place

VENUE: Seats 100. Limited number of advanced tickets available. For this facility contact Margaret after March 25th at Rmrichardsonuk@aol.com Tel: 023 8046 2926



Rigul Dharma Network

www.rigultrust.org

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Admission - by donation for Ringu Tulku and Rigul Trust's health, education and poverty relief projects. Cheques payable to Rigul Trust and gift aidable.