



Kuma Kai Aikido proudly presents:

Finding Freedom in Daily Life

**Meditation and Q&A
with Jigme Tromge Rinpoche**

Friday 9th December, 2016

6.30 - 8.30pm



Jigme Tromge Rinpoche was trained from an early age in the Nyingma tradition of Tibetan Buddhism, and is now resident teacher at the Chagdud Gonpa Ati Ling center in Cazadero.

What do we mean by freedom, and do we understand its cause, and the true causes of happiness?

In this evening teaching, which will include time for silent sitting as well as questions, we will explore how we can work with our emotions and experiences to become truly free from suffering.

All are welcome; no previous experience of mediation required. Please bring a cushion to sit on.

**Suggested donation \$20
(free for under-14s)**

Nobody will be turned away
for lack of funds

Questions?

Email: sensei@kumakai.com or
office@atiling.org

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(behind BeeKind store – some parking available opposite dojo)