



LONGCHEN FOUNDATION

The Lion's Roar

Gate 1: The Immediacy of Awareness

Saturday 24th & Sunday 25th September 2011
The Buddhist Society, 58 Eccleston Square, London SW1

As an introduction to the Dzogchen view and Buddhist meditation, the Lion's Roar is suitable for both total beginners and experienced meditators,

The weekend can be taken on its own as an introduction, but also forms the basis of a longer programme of training offering a journey into the heart of awareness itself. The only requirement is an open mind and a willingness to look at one's own experience in a search for truth.



This weekend will be taught by Caroline Cupitt and David Hutchens, experienced teachers under the direction of Rigdzin Shikpo, author of *Openness*, *Clarity Sensitivity* and *Never Turn Away*.

Space is limited, please book in advance

Cost: £65 (£35 concessions)

All welcome. For further information please contact: london@longchenfoundation.org

Established in the 1970s by Chögyam Trungpa Rinpoche and Dilgo Khyentse Rinpoche with Rigdzin Shikpo as its spiritual director and principal teacher, the Longchen Foundation introduces the teachings of the Mahayana Maha-Ati (Dzogchen) tradition in a way that is accessible and directly relevant to contemporary life.

To find out more about us please visit:

www.longchenfoundation.org

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