

Hudson Valley Buddhist Meditation Center



## ***The Path to a Happy Mind***

***with  
Phakchok  
Rinpoche***

Sunday, August 22<sup>nd</sup>

1:30-5:30 PM\*

\$60

Phakchok Rinpoche will discuss methods to increase compassion and wisdom in order to live a happier life. In detailing the path from depression to happiness, Rinpoche draws from his own experience and discusses popular culture and the problems of modern society. Program includes meditation instruction and lectures.

**Bedford Post Yoga Loft, 954 Old Post Rd., Bedford, NY**

**Open to All**

**Pre-registration required:**

**RSVP [hvbmcenter@gmail.com](mailto:hvbmcenter@gmail.com)**

**Phakchok Rinpoche** is the head of the Taklung Kagyu lineage, the Abbot of a monastery in Chapagaon, Nepal, and the Head of Riwoche Monastery in Tibet's Dokham region. Born in 1981 to **Chokling Rinpoche** and his wife **Dechen Paldron**, Phakchok Rinpoche is the grandson of **Tulku Ugyen Rinpoche**. He was recognized by the Kagyu regents and ordained by **His Holiness the Dalai Lama**. An enthusiastic and vibrant young lama, his teachings are direct, accessible, and fresh, opening minds in a playful and inspiring way.

A group dinner with Rinpoche will follow at a local restaurant.

For more information, inquire when RSVPing.