



Embodied Surrender a Workshop

Khandro Rinpoche
and
Dr. Tony Richardson

Saturday 30th August and Sunday 31st August, 2014

Time: 10.00am to 4.30pm

Venue: Crows Nest Community Centre, Ford Room,
2 Ernest Place, Crows Nest, 2065.

Cost: \$300

Contact: robyn@khachodling.org

Bookings - www.khachodling.org/teachings.html

**Come and experience an introduction to a way of surrendering
that opens us to our essential wholeness.**

Buddhism's vast vision and view has much to teach us in regard to 'surrendering' ourselves. It's a process and a challenge for the Western mind. Buddhism's wisdom and method penetrates our body-mind resistances and we can become more spacious, flexible and open. This is combined with bodywork and gentle exercises accessing the knowing of the body, our posture and structure. This has immediate benefits. When we experience ourselves and the moment as it is, without concepts, we can experience the true depth of our being. This does not happen in the thinking mind, but usually comes from the body experience, right to the very tissues and cells of our being.

Khandro Rinpoche is a female, Tibetan Buddhist teacher, holder of the spiritual lineage of her great grandfather, Shakyas Shri, the renowned lay practitioner and meditation master. Khandro Rinpoche began her spiritual training as a small child and she has studied both Eastern and Western approaches to spiritual psychology.

Dr. Tony Richardson is a psychiatrist and somatic bodyworker with a strong Buddhist perspective and has been teaching somatics for over 30 years.
