

Opportunities to learn from and practice with Yogi Acharya Lama Gursam

Daily 8:00 am and 8:00 pm meditations — please contact Gabriella Heatle via WhatsApp: +525554388750 or via e-mail: contactoyogilamagursam@gmail.com

Mondays, 7:00-8:00 pm, teachings on Shantideva's **Way of Life of a Bodhisattva** — please contact John Wenz via e-mail: johnrwenz49@gmail.com

Mondays, 8:00-9:00 pm, teachings on Gompopa's **Jewel Ornament of Liberation** — please contact Gabriella Heatley as above.

Thursdays, 7:00-8:00 pm, teachings on Jigten Sumgon's **Essence of the Mahayana Teachings** — please contact David Ardt DDCV via phone 802-349-7778 or e-mail: DDCV@gmavt.net

Additional Contact Information for Yogi Acharya Lama Gursam and The Bodhicitta Foundation:

Facebook: thebodhicittafoundation

Webpage:(with PayPal link) lamagursam.org

Blog: (with PayPal Link) thebodhicittafoundation.com

To arrange teachings in USA or for other matters, please contact

John Wenz

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