

## **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: [contactoyogilamaqursam@gmail.com](mailto:contactoyogilamaqursam@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](mailto: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](mailto:DDCV@gmavt.net)

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

Facebook: thebodhicittafoundation

Webpage (with PayPal link): [lamaqursam.org](http://lamaqursam.org)

Blog (with PayPal Link): [thebodhicittafoundation.com](http://thebodhicittafoundation.com)

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

John Wenz

Secretary/Treasurer of The Bodhicitta Foundation

301 South 4th Avenue

Highland Park, New Jersey 08904

e-mail: [johnrwenz49@gmail.com](mailto:johnrwenz49@gmail.com)