## Contemplating Illusion Contemplating the Essence

Continuing Explorations of the Namgyal Guru Yoga

with Lama
Mark Webber

May 18 - June 1, 2010 Dharma Centre of Canada

Empowerment of the Namgyal guru yoga

Refuge, precepts and bodhisattva commitments



Penetrative insight meditations on the illusory nature of all things, nature of mind and compassion for all life

