

10-11 September
2016 | SYDNEY
BEGINNERS
Course with Thuy

DANCE OF THE VAJRA

THAT BENEFITS BEINGS



THE VAJRA DANCE is a practice of the ancient Dzogchen teaching - the essence of Tibetan Buddhism, that harmonises and deeply relaxes our body, energy and mind through sound and movement.

The slow, coordinated movements are precisely connected to sound, and as we softly sing and practice awareness, all participants experience deep relaxation, a calm state of mind, and consequently heightened mindfulness. It is an effective practice for restoring and purifying the natural state of our whole being, allow us to evolve to our full potential, and naturally develop clarity and compassion toward ourselves and others.

Chögyal Namkhai Norbu - recognised as a living master of Dzogchen - introduced the Dance of the Vajra in 1990. The dance is recognised by the International Dance Council of UNESCO and is practiced in centers of the Dzogchen Community all around the world.

This course is open to anyone interested in developing mindfulness, compassion and achieving their full potential. It is suitable especially for beginners as well as those already familiar with the dance who would like to deepen their experience of the practice.

Attend for just the intro session on Saturday 10th September to get a taste or do the full course of four sessions over the weekend to get a complete experience of the benefit of this profound practice.


INTERNATIONAL
DZOGCHEN COMMUNITY
NAMGYALGAR AUSTRALIA
www.dzogchen.org.au
www.vajradance.net

10th Sat 10-1pm (Intro, Section 1-2), 2.30-5pm (Section 3-4)
11th Sun 1-3pm (Section 5-6), 4-6pm (Section 1-6 Consolidation)
Cost \$40 per session | \$120 Full Course

Location - St Lukes Hall
11 Stanmore Rd, Enmore, Sydney

Booking & Enquiries
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