



GESHE YONG DONG

AMAN JOURNEY TO PEACE

AMANSARA - 13th- 14th - 15th November 2018

Geshe Yongdong became a monk when he was only seven years old. He entered the Nangzhig Bonpo Monastery, the largest Bon Monastery in Tibet, and took the "Getsul" monks vow. In March 1992 at age 24, after debating on Sutra and Tantra for three days with hundreds of scholars; he was awarded the Rajampa Geshe degree. It takes a minimum of nine years of study to receive the Geshe degree, the highest degree awarded in Tibetan monastic education. Geshe Yondong also received many teachings, transmissions and empowerments from H.H the 14th Dalai Lama including: Yidam Jikshag (a Tantric Deity), one Madhyamika teaching called (Gongpa Rabsal) and Lam Rim- the path to enlightenment (both Lama Tsongkhapa teachings), and the Kalachakra empowerment.

The ancient Tibetan YungDung Bon Buddhism tradition is Tibet's oldest spiritual tradition. For centuries the Bon Dzogchen teachings were kept secret, accessible only to a very few. YungDrung Bon is Geshe YongDong's lineage and he one of only a handful of masters of the Bon Dzogchen tradition, living in the west and qualified to give teachings and transmissions.

These unique spiritual sessions reflect the main pillar of Aman meaning of the word Aman as "peace"

Happiness is dependent on the external world and forms while peace is dependent on our internal state of consciousness finding peace within is obtainable by anyone and when you find that peace you will feel the "perfect" happiness. As long as the mind is at peace, you are happy and at peace wherever you go. Calming the mind and emotions is the main solution and there are many simple methods to reach that state. It is possible to achieve anything when you discover the true inner peace within you and it is possible to bring the inner peace right now right here.

Mindfulness workshops

Afternoon session: 5:00 pm to 6:00 pm – Amansara Spa

13th November Instruction and guidance to Meditation

14th November Calm breath and calm mind

15th November Healing the body and the mind

60 min group workshop - USD 70+ per person per workshop

Prices are in USD and subject 10% to government tax

For more information, please our contact amansaraspa@aman.com