



# Teachings on Tibetan Yoga: Tsa Lung & Tummo

by  
**Tulku Lobsang**



Nangten Menlang  
Buddhist Medical Center

Vancouver | September 15 - 19, 2011

## How Yoga Leads to Enlightenment: Public Lecture

Thursday, September 15<sup>th</sup> | 7 pm – 9 pm | \$20

The body is a powerful vehicle on the path of mental and spiritual development. By harnessing the energy in the subtle body channels, we can unlock a direct method for reaching the clear light state of mind and realizing our pure nature.

In this lecture Tulku Lobsang will explain:

- Concept of Enlightenment according to Buddhist tradition
- Outline of the general path & methods leading to Enlightenment
- How the practice of yoga can lead to Enlightenment

## Tsa Lung: Teaching Intensive

Friday, September 16<sup>th</sup> | 9 am – 5 pm | \$108

Tsa Lung is a precious practice that works with the subtle body channels (tsa or nadi) & vital energy flows (lung or prana), by carefully using special movements & visualizations, retaining breath to open channels, release blockages & restore healthy flow of energy. In this teaching, Tulku Lobsang will explain:

- Concept of our subtle energy body, Channels, Chakras, Energy flows
- Techniques to revive, balance & transform Five Elements in our body
- Techniques to use our body to develop awareness & clarity, generate compassion for the benefit of all beings, realize our true primordial nature

Tulku Lobsang offers a complete practice in this intensive course.



## Yoga of Tummo: Teaching Intensive

Saturday, Sept 17<sup>th</sup> – Monday, Sept 19<sup>th</sup> | 9 am - 5 pm | \$108/day

Tummo practice (Inner Heat or Chandali in Sanskrit) is advanced yogic practice & profound spiritual method. Carefully using a series of physical movements, visualizations & breathing, inner heat is generated & spread throughout the body. The energy generated is not primarily to warm the body of practitioner, but to open most subtle channels, support spiritual realizations & achieving Enlightenment. In this teaching, Tulku Lobsang will explain:

- Physical & breathing techniques, the method to ignite Tummo
- Techniques to generate Great Wisdom & Bliss, achieve clear and calm mind
- Techniques to produce objective results that you can measure, regardless of your beliefs.

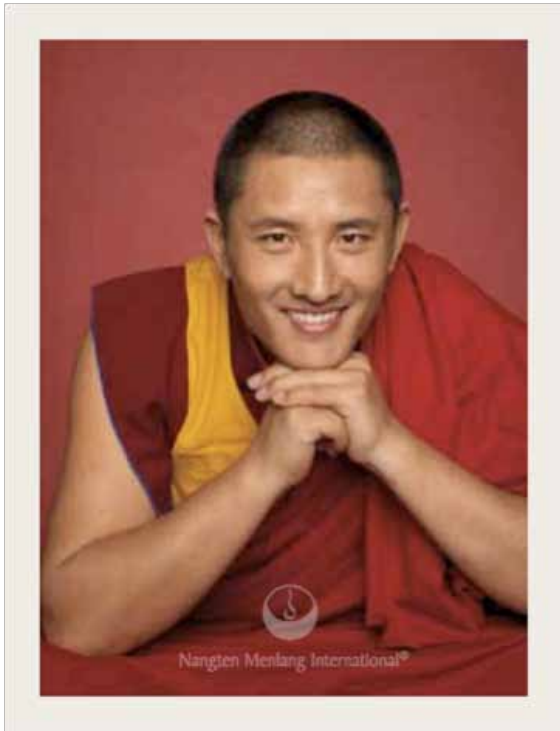
While Tummo is an advanced practice, no particular beliefs or prior experience is necessary because this practice works with the natural state of body & energy system.



**Location:** Room 527, Vancouver School of Theology, UBC Campus, 6000 Iona Dr., Vancouver, BC  
**Registration:** [www.tulkulobsang-vancouver.eventbrite.com](http://www.tulkulobsang-vancouver.eventbrite.com)



# Biography of Tulku Lobsang



**Tulku Lobsang** is a high Buddhist master and renowned doctor of Tibetan Medicine. Born in 1975 in northeastern Tibet, he entered the local Buddhist monastic school at age six and at 13 was recognized as the eighth incarnation of the Nyentse Lama. Already at that time he was impressing people with his healing capacities. Tulku Lobsang received an intense education in the foundational Buddhist practices, Tibetan medicine, astrology, philosophy and in the teachings of Tantrayana. In 1992, Tulku Lobsang left Tibet in order to deepen his knowledge of the classic Buddhist texts at the monastic university Gaden Shartse

The Tibetan medical center Nangten Menlang is under the spiritual guidance of Tulku Lobsang. Nangten Menlang was originally founded in Dharamsala, in northern India. Today, the organization's international headquarters are in Vienna, Austria. Nangten Menlang is dedicated to the preservation and spread of Buddhist knowledge, Tibetan medical science and the healing art of Tantrayana.

Seminars, workshops, retreats and health consultations are offered in numerous countries. Every year, Tulku Lobsang travels throughout Europe, Asia and the Americas to pass on his knowledge.

It is a great wish of Tulku Lobsang to reduce suffering in the world through cultural exchange. The methods he teaches help us to effectively combat disease and to free ourselves from negative emotions such as anger, ignorance and attachment. In this way, we are able to nurture our physical, mental and energetic bodies, and achieve vibrant health.

Tulku Lobsang's teachings are characterized by his warm and charismatic way. With his captivating, humorous, vivid and relevant style of teaching, he succeeds in the delicate task of transmitting the age-old knowledge of Tibetan Buddhism into the present times

[www.tulkulobsang.org](http://www.tulkulobsang.org)

