

Gonpo Ludup and Lama Yeshe House invites you to

BUDDHISM IN MODERN TIMES: **Taking Refuge and Living in Vows**

with Ven. Robin Courtin via Zoom



6:00-7:30 PM Pacific Daylight Time

7:00-8:30 PM Mountain Time

Tuesdays

-**November 8:** What are the 5 vows and why take refuge

-**November 15:** Obstacles to maintaining vows

-**November 22:** How to make vows a 24/7 practice

Taking refuge and living in vows sets the foundation for a Buddhist practice. However modern life's difficulties and even comforts may make this path difficult to follow. In this three-week workshop series, Venerable Robina will explain the benefits of taking refuge and living in vows and how to make it a daily practice.

To register go to www.gonpoludup.com

About the teacher

Venerable Robina is known for her straightforward, no-nonsense approach to teaching international audiences the gist of Buddhism. Her style has bridged the gap between ancient Eastern wisdom and modern Western mindset. After meeting Lamas Yeshe and Zopa Rinpoche in 1976, she embarked on a Buddhist path that led to her subsequent ordination in 1978. Her accomplishments include founder of Liberation Prison Project, editorial director of Wisdom Publications, and editor for Mandala magazine. Ven Robina leads the annual Lawudo Trek, a 16-day Himalayan adventure that starts at Lama Zopa Rinpoche's monastery in the Kathmandu valley, and culminates to his cave in Solu Khumbu in the mountains of Nepal. For more information on Ven Robina, go to www.robinacourtin.com.