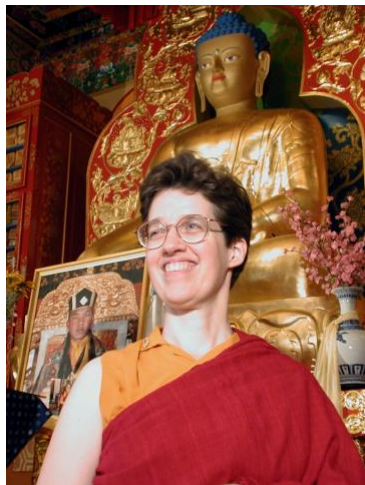


Albuquerque Karma Thegsum Choling Buddhist Center Welcomes

Lama Kathy Wesley

October 4-6, 2024



Kathy Wesley was a student of Khenpo Karthar Rinpoche, the first Abbot of Karma Triyana Dharmachakra Buddhist monastery, since 1977. A contemporary American woman who has successfully completed the rigorous traditional program for training teachers within the Karma Kagyu lineage of Tibetan Buddhism, Lama Kathy is a bridge between ancient wisdom and modern life. She participated in the first traditional three-year retreat at the Karme Ling Retreat Center in upstate New York and has been actively teaching throughout North America ever since. She serves as resident Teacher at the Columbus, Ohio Karma Thegsum Chöling. Lama Kathy is a graduate of Ohio State University with a bachelor's degree in journalism. Lama Kathy is well known for offering suggestions for daily practice that are both effective and practical, and

that fit into the busy lives of Americans.

Friday Oct. 4

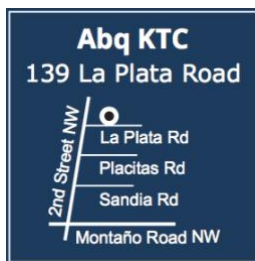
6:30 pm

**Public Talk: Compassion in Tough Times
The ABQ Center for Peace and Justice
202 Harvard Dr. SE, Albuquerque**

**Saturday and Sunday
Oct. 5 and 6th**

**10 am to noon
2 to 4 pm**

**Three Types of Meditation:
Shamatha (Calm Abiding)
Tonglen (Sending and Receiving)
Mantra
ABQ KTC Tibetan Buddhist Center
139 La Plata NW, Albuquerque**



Building in the back. Please park on the north side of the street or east side of driveway.

Saturday and Sunday sessions will be available both in-person and over Zoom.
<https://us06web.zoom.us/j/84614910042?pwd=otVgazN7eKbJjDXWaZQhamco1Jzl8P.1>
Meeting ID: 846 1491 0042 Passcode: 468522

There is a suggested donation of \$15 per session or \$60 for those attending all 5 sessions, but no one is ever turned away for lack of funds. ABQ KTC members receive a discount.



Lama Kathy will be available for a limited number of private interviews. Email info@abqktc.org or leave a message at 505-343-0692. www.abqktc.org

