

Albuquerque Karma Thegsum Choling Buddhist Center Welcomes

Lama Kathy Wesley

October 16-18, 2026



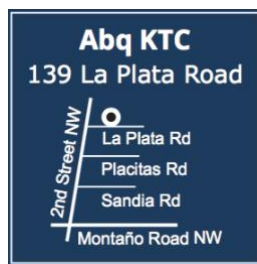
Kathy Wesley became a student of Khenpo Karthar Rinpoche, the first Abbot of Karma Triyana Dharmachakra Buddhist monastery, in 1977. A contemporary American woman who has successfully completed the rigorous traditional program for training teachers within the Karma Kagyu lineage of Tibetan Buddhism, Lama Kathy is a bridge between ancient wisdom and modern life. She participated in the first traditional three-year retreat at the Karne 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. 16 6 pm MDT Public Talk: Buddhism in the Real World

Saturday and Sunday 10 am to noon Be the Change You Want to See in the World
Oct. 17 and 18 2 to 4 pm MDT

Incorporating several core teachings of the Buddha including The Six Perfections, Lama Kathy will discuss transforming disturbing emotions and other tools in order to be the change you want to see in the world.



139 La Plata NW in Albuquerque. Building in the back. Please park on the north side of the street or east side of driveway.

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 is available for a limited number of interviews/Q&A. To schedule, contact us at info@abqktc.org or 505-343-0692 to schedule.

Teachings will be both in-person and over Zoom.

<https://us06web.zoom.us/j/83588385306?pwd=3BjSt0iUm1S6GIQWmeGoeNtG3QOaHa.1>

Meeting ID: 835 8838 5306

Passcode: 347351

www.abqktc.org

Facebook Page: Karma Thegsum Choling Albuquerque