



Tergar International
&
The George Family Foundation
present:

Mindful Leadership

A Two-Day Retreat with Yongey
Mingyur Rinpoche & Bill George

Fri., Aug. 13, 9am-5pm

Sat., Aug. 14, 9am-5pm

*This seminar combines meditation
training with leadership principles to
develop mindful leaders dedicated to
creating a more peaceful and
harmonious world.*

Students/Seniors \$95

Participants \$195

Sponsors \$295 (with donation)

Includes lunch both days

at the UMN Conference Center
1890 Buford Ave., St. Paul, MN 55108

For more information
contact us at (952) 232-0633
by e-mail at info@tergar.org
or visit www.tergar.org/minneapolis



*with promotional
partner*


UNIVERSITY OF MINNESOTA
Center for Spirituality & Healing

Tergar Minneapolis

Under the guidance of Yongey Mingyur Rinpoche, Tergar Minneapolis holds a weekly meditation group in Uptown, Minneapolis, in addition to periodic retreats, seminars, and classes on meditation and the fundamentals of Buddhist practice. We also host regular visits by Yongey Mingyur Rinpoche and other meditation teachers.

Weekly Meditation Group

Our weekly meditation group is free and open to all. Yongey Mingyur Rinpoche's approach to meditation focuses on working with the challenges of day-to-day life to create a peaceful mind and joyful heart. Our meditation group includes short presentations on the basics of meditation practice, guided meditations, and group discussion. Feel free to drop in anytime!

When: Tuesday evenings at 7:30pm

Where: Pathways - 3115 Hennepin Ave. S., Minneapolis, MN 55408

Cost: Free!

Contact: minneapolis@tergar.org or (952) 232-0633

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