HOW TO HANDLE HAPPINESS & SUFFERING

FINDING PEACE IN OUR ORDINARY LIFE

A talk by

LAMA JIGMÉ NAMGYAL

Born into a nomadic family in East Tibet, Lama Jigmé Namgyal began 20 years of study at the age of 8 receiving the highest teachings as a Buddhist monk. Now living and teaching in Europe, he is a pragmatic teacher with a strong sense of humour.

Friday 12th May, 8 - 10pm

Quay Arts, 2 Ballina Quay, Ballina, Co. Tipperary

Suggested donation €10.
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