A Public Talk by

Ringu Tulku

Ringu Tulku is a Tibetan Buddhist Master who travels the world meeting people, giving talks and seminars. He is also an internationally renowned author

Generating Immeasurable Loving Kindness/Compassion

The Tibetan meditation practice known as tonglen.



Venue: **The Friend's Meeting House,** 1A Ordnance Road, Southampton SO15 2AZ

Date: Monday June 17th

Time: 7.15pm to 9.15 pm

Admission by Donation -100% of all donations will go for health, education and poverty relief .

Contact: info@rigultrust.org www.rigultrust.org

UK Registered Charity No. 1124076

Rigul TrusT