

Nalanda West
Center for American Buddhism
presents

Tara Dance
A weekend workshop and dance offering
with Prema Dasara

February 26-28, 2010

Friday night 7 - 9pm, Sat. and Sun. 9 - 5 pm



at Nalanda West
3902 Woodland Park Ave. N
Seattle, WA 98103
www.nalandawest.org

THE MANDALA DANCE OF THE 21 PRAISES OF TARA

The Mandala Dance of the 21 Praises of Tara is a movement meditation in the Vajrayana tradition. It is a non-sectarian practice based on a traditional Tibetan text in which Tara's 21 aspects are praised for the purpose of sending the blessings and healing of each of the qualities to all beings.

Limited space! First come, first served.

Pre-register: admin@nalandawest.org, 206-529-8258