



The word "thangka" means "thing that one unrolls" in Classical Tibetan and this one comes to us from of a collection that has been blessed by the Dalai Lama. Join us to hear more about the tradition and this Thanka in particular.

ABOUT US

MINDFULNESS IN YOGA & MEDITATION

The Bhavana Community is a 501c3 non-profit. We offer a variety of programs designed to support you on your yoga and meditation path. From introductory courses to advanced workshops, our programs are designed to help you deepen your practice.

MINDFULNESS IN EVERYDAY LIFE

Our community of experienced mindfulness practitioners and facilitators are committed to helping you learn to respond more skillfully and creatively to life's daily challenges. Mindfulness allows you to embrace and learn from life's challenges.



MINDFULNESS & YOGA



Bhavana Community welcomes the **Blue Medicine Buddha**.

Join us for a reception on June 8th and a healing workshop on June 9th.

Bhavana Community Center
106 Marshall Court, Unit 120
Wilmington, North Carolina 28411
Phone: Text or Call (910) 520-6846
www.bhavanacommunity.org

ABOUT THE EVENT

Join us Saturday evening, June 8th, from 6:00 - 7:30pm, for a reception to view this exquisite piece of Tibetan Art, learn about its provenance, and meet other local practitioners.

The reception is open to all and light vegetarian hors d'oeuvres and non-alcoholic beverages will be available. Feel free to bring a friend but please help us get a head count by e-mailing admin@bhavanacommunity.org to let us know that you are coming.

On Sunday afternoon, June 9th, from 2:00 - 4:30pm, Kathleen Rankhorn and Rhea Colmar will be co-presenting a healing workshop to introduce the teachings and practices from the Blue Medicine Buddha tradition that you can use in your own healing journey.

The cost for the workshop is \$40, however, no one will be turned away for lack of funds. For more information or to sign up please scan the QR Code below.



THE BLUE MEDICINE BUDDHA

On Saturday, June 8th and Sunday, June 9th, we will be honoring the donation of a lovely Thangka, a sacred painting depicting the Blue Medicine Buddha, a Tibetan symbol of healing and well-being.



PROGRAM ITINERARY

DAY 1: June 8, 2024 - Viewing Ceremony

6:00 - 6:30 pm

Meet & Greet and Viewing

6:30 - 6:40 pm

Welcome & Introductions with Catherine Ibsen

6:40 - 6:50 pm

Donor History with Lynn Ingram

6:50 - 7:00 pm

Thanka tradition & background with Rhea Colmar and Kathleen Rankhorn

7:00 - 7:30 pm

Q&A and Socializing

**Light hors d'oeuvres and refreshments will be available.*

DAY 2: June 9, 2024 - Workshop

2:00 - 3:00 pm

Basic mindfulness and healing practices with Rhea Colmar

3:00 - 3:15 pm - Break

3:15 - 4:30 pm

Blue Medicine Buddha mantra discussion and visualization practices with Kathleen Rankhorn