

ACI Formal Study Course 16
In the lineage of the Dalai Lamas...

The Great Ideas of Buddhism

Part 1

w/ Brandy Davis & David Fishman

This **FREE** course offers a wonderful overview of Tibetan Buddhism, and introduces the 1st third of the traditional 20+ year course of study of a monk-scholar, or *geshe*, in one of the great monasteries of Tibet.

Upcoming topics Include:

- **Applied Meditation (a guide to effective meditation),**
- Proof of Future Lives (Buddhist logic: an eye-opening system of thinking)
- How Karma Works (laws of cause and effect & how to use them to be truly happy).

WHERE: 596 Lucerne Way (In the Tahoe Keys)

WHEN: Wed. 6:30-8:00pm—beginning Feb. 4th

COST: FREE - Bring your curious open heart

INFO: Tel: 530-544-1442 or e-mail: davidbfishman@gmail.com



Brandy Davis has been practicing Tibetan Buddhism for 14 years, and holds a degree in biology from UC Santa Cruz and a teaching credential from Sierra Nevada College. Her partner, David Fishman holds a degree in law from UC Berkeley and a Diploma in Indo-Tibetan Studies from Visva Bharati University in West Bengal. Together they run Mountain Yoga, where they offer classes and workshops in Tibetan Heart Yoga—blending classical and Tibetan postures with the wisdom and compassion teachings of Tibetan Buddhism as presented by their teachers, Geshe Michael Roach and Lama Christie McNally.. They are both staff teachers, and David also serves as a founding director, of Yoga Studies Institute.