

# *Milarepa Festival Day*

## *~ Open House and Free Concert*

### *with Grammy Nominee and*

### *Renowned Flautist Nawang Khechog*



**Saturday, July 25**  
**12 noon Lunch**  
**2:00-4:30pm Program and Concert**

Celebrate Chokhor Duchen, the anniversary of the Buddha's first teaching on the Four Noble Truths during this special festival day at Milarepa Center in Barnet, Vermont.

A picnic lunch will be served at noon followed by an afternoon of ancient Buddhist wisdom and music with Nawang Khechog.

Nawang Khechog was ordained a Tibetan Buddhist monk at the age of 13. Later he became a hermit meditator for four years, during which he was personally sponsored, guided, and cared for by His Holiness the Dalai Lama.

Inspired by the Dalai Lama's teachings, Nawang will introduce us to topics such as: universal compassion and loving kindness, the nature of mind, cultivating lasting happiness, the transitory nature of life, and unveiling our human potential. These practices helped him recover from a near fatal car accident in 2007. Nawang will also relate the unique story of beloved yogi saint, Milarepa, the namesake of the Center.

Nawang Khechog is a Grammy Award nominee and international recording and performing artist. He is known for his beautiful music and is also a gifted teacher of Buddhist philosophy.

**Don't miss this special event. Free of charge.**



**Milarepa Center**  
**1344 US Route 5 South**  
**Barnet, VT 05821**  
**(802) 633-4136**  
**[www.milarepacenter.org](http://www.milarepacenter.org)**

Meditation courses, retreats,  
healing practices,  
serene beauty.