

NEW ORLEANS/LHA WELCOMES LAMA LENA

Friday March 24 - Wednesday March 28, 2023



Please join us in welcoming Lama Lena, one of our favorite visiting teachers, as she teaches in New Orleans and Lafayette. Lama Lena has command of the Direct Mind Perception teachings (Dzogchen & Mahamudra). Her method is an informal style with an exceptional ability to share profound teachings in a clear, poetic and humorous way.

Friday 3/24 7:00-8:30PM *Teaching with Lama Lena*
TIBETAN HOUSE 4900 Tchoupitoulas St. New Orleans
TOPIC: DZOGCHEN

Saturday 3/25 11:00AM-1:00PM & 3:30-5:30PM *Teaching with Lama Lena*
MID CITY ZEN CENTER at LHA 623 N. Rendon New Orleans 70119
TOPIC: THE SIX PARAMITAS or Six Perfections. The six perfections are states of mind that lead the way to liberation and enlightenment. As antidotes to some of our biggest mental obstacles – anger, greed, jealousy, laziness and so on – the six attitudes work together, enabling us to deal with everything that life throws at us.

Sunday 3/26 10:00AM-12:00PM *Teaching with Jan Owen*
LAFAYETTE LHA COMMUNITY CENTER 412 Lafayette St. Lafayette LA 70501
TOPIC: DHARMA RECOVERY

Sunday 3/26 3:30-5:30PM *Teaching with Lama Lena*
LAFAYETTE LHA COMMUNITY CENTER 412 Lafayette St. Lafayette LA 70501
TOPIC: BODHICITTA

Monday 3/27 6:30-8:00PM *Teaching with Lama Lena*
SPYRE CENTER 1772 Prytania St. New Orleans 70130
TOPIC: WILL OF THE SPIRIT & WILL OF THE EGO

Tuesday 3/28 6:00–10:00PM *Teaching with Lama Lena*
LHA's Bodhi Tree on the Lafitte Greenway (3201 Conti - N. Lopez Bridge)
6 – 8PM GANA PUJA, CHENZERING MANTRA TEACHING & Potluck
8 – 10PM MUSIC PERFORMANCES

For More About Lama Lena: lamalenateachings.com

For event info contact: Mollie Day (504)655-3456

About Lama Lena



Lama Lena (Yeshe Kaytup) is a teacher of) and a lineage holder of several Tibetan Buddhist traditions. Beginning in 1972, Lama Lena spent three years studying with Lama Thubten Yeshe at his monastery in Nepal. She then spent seven years in retreat and practice in a small cave above Tso Pema under the tutelage of her root teacher, Ven. Wangdor Rimpoche. From then on, she continued to travel extensively with him as his main translator and assistant.



At the request of H.E. Zigar Choktrul Rimpoche and Ven. Wangdor Rinpoche – as well as many Western and Tibetan dharma students – Lama Lena has been traveling, teaching, and translating from the lineages she holds.

Having studied Chinese medicine, Lama Lena also maintained a medical practice in the San Francisco Bay Area. She currently splits her time between San Francisco and Tso Pema, where she teaches and provides medical assistance to the Tibetan refugee community, the local Indian villagers, and mountain tribespeople.