



**URGYEN  
SAMTEN LING  
GONPA**  
*Tibetan Buddhist  
Temple*

**Introduction to Tibetan Buddhism Course**

**Sept 28 – Nov 16** \$50 course fee (8 weeks)  
Tuesdays 6:30-8:00PM *Register at 1st class*

**Beginning Practice Course**

**Sept 30 – Nov 18** \$50 course fee (8 weeks)  
Thursdays 6:30-8:00PM *Register at 1st class*  
*Pre-requisite: introduction course or permission from Lama Thupten*

**Sunday Pujas**

**Puja of Compassion** (in English) 9:00-10:00AM  
**Main Puja** 11:00AM-1:00PM

**Advanced Practice and Teachings**

Mondays, 6:00-9:00PM *pre-requisites apply*

**Green Tara Practice**

Tuesdays & Thursdays 7:00-8:00AM *on-going*

**Sitting Meditation Class**

Saturdays 10:30-11:30AM *on-going*

*photography: BrandonFlint.com*

**Autumn  
Schedule**



*Salt Lake City  
740 S. 300 West*



**7<sup>th</sup> Annual Lotus Festival! 10/1/10**

**T'ai Chi**

**FREE DEMO CLASS: Friday, Sept 3rd 7:00-8:00PM**  
Monday or Thursdays 6:15-7:15PM  
15-week session *begins week of Sept 6th*

**Fundamentals of Wing Chun Kung-fu**

**FREE DEMO CLASS: Saturday, Sept 4th 9:00-10:15AM**  
Saturdays, 9:00-10:15AM *begins Sept 11th*  
15-week session *teens/adults/families*

**Bia Gua**

**FREE DEMO CLASS: Friday, Sept 3rd 7:00-8:00PM**  
Mondays, 7:30-9:00PM *begins Sept 7th*  
15-week session

**Youth Wing Chun Kung-fu**

Saturdays 10:30-11:30AM *begins Sept 11th*  
10-week session *ages 7-12*

**On-going Adult Wing Chun**

*Check website or call for days and times*

**Iaido and Kendo**

Taught by "Zen Bu Kan" *call for details*



*Integration of  
Body and Mind*



RedLotusSchool.com  
**801.355.6375**

UrgyenSamtenLing.org  
**801.328.4629**