



The Yoga of Death & Dying

a Dharma teaching with Tashi Nyima

What is death and how do we die?

How can we prepare for a joyful death?

How can we help loved ones to die peacefully?

Explore and learn:

- the process of dying
- medical and legal considerations
- how to benefit loved ones during the time of death
- how to benefit loved ones after death

Saturday, February 16, 2 – 5 pm, at the Dallas Meditation Center