



Gelek Rimpoche's Teachings Video Webcast Live To Your Computer

Jewel Heart is pleased to offer you the opportunity to receive
live video webcasts to your computer throughout the year.

*The live broadcast also continues to be available at Jewel Heart chapters and
study groups in Chicago, Cleveland, Nebraska, New York, and Philadelphia.*

Live video broadcasts include:

- Selected weekend teachings by Gelek Rimpoche
- Selected workshops/teachings by Gelek Rimpoche and others
- Sunday talks by Gelek Rimpoche and others

Subscription for individual use is only \$120 per year, paid annually.

To subscribe, visit the Jewel Heart website at www.jewelheart.org.

LIVE VIDEO BROADCAST SCHEDULE

JANUARY/FEBRUARY/MARCH 2010

- January 3, 10 - 11am - **THE LIFE OF BUDDHA** Sunday talk with Gelek Rimpoche
- January 22 - 24 - **NYUR LAM** weekend teachings with Gelek Rimpoche:
Friday, January 22 - 7:30 - 9pm, Saturday, January 23 - 10:30am - 12pm, 2 - 5pm, 7:30 - 9pm, Sunday, January 24 - 10:30am - 1pm
- January 29 - 31 - **NYUR LAM** weekend teachings with Gelek Rimpoche:
Friday, January 29 - 7:30 - 9pm, Saturday, January 30 - 10:30am - 12pm, 2 - 5pm, Sunday, January 31 - 10:30am - 1pm
- February 7, 10 - 11am - **ATTACHMENT, APPRECIATION AND LOVE** Sunday talk with Gelek Rimpoche
- February 14, 10 - 11am - **LOSAR** Sunday talk with Gelek Rimpoche
- March 7, 10 - 11am - **COMPASSION FOR ONESELF IS KEY** Sunday talk with Gelek Rimpoche
- March 13 - 14 - **NYUR LAM** weekend teachings with Gelek Rimpoche:
Saturday, March 13 - 10:30am - 12pm, 2 - 5pm, Sunday, March 14 - 10:30am - 1pm
- March 21, 10 - 11am - **THE THREE KINDS OF GENEROSITY** Sunday talk with Sandy Finkel
- March 28, 10 - 11am - **PATIENCE IS THE BEST PROTECTION** Sunday talk with Aura Glaser