



# Pema Karpo Meditation Center

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Khenpo Gawang Rinpoche, Founder and Spiritual Director



Khenpo Gawang Rinpoche would like to invite you to the fifth annual Memphis Peace and Harmony Days on September 21-23, 2014 (Sunday, Monday and Tuesday).

In 2002, the United Nations General Assembly permanently adopted September 21st as the International Day of Peace. On September 22 and 23, 2009, His Holiness the Dalai Lama visited Memphis, TN where he received the International Freedom Award from the National Civil Rights Museum. During his two day visit he gave a public talk on "Developing Peace and Harmony." Memphis political leaders declared September 22 and 23 Memphis Peace and Harmony Days.

Khenpo Gawang Rinpoche will be leading a three day peace and harmony retreat at Pema Karpo Meditation Center following the tradition of Tibetan Buddhism. Everyone is invited to attend all or part of this retreat. The retreat will begin at 10:00 AM on Sunday, September 21st and will end at 8:00 PM on Tuesday, September 23rd. Specific information on the retreat sessions can be found at our websites: [www.pemakarpo.org](http://www.pemakarpo.org) or [www.memphispeaceandharmony.org](http://www.memphispeaceandharmony.org).

If you have any questions or need more information, please call Pema Karpo Meditation Center or email [info@memphispeaceandharmony.org](mailto:info@memphispeaceandharmony.org).

Sincerely,

Candia Ludy  
Director

## General Schedule for the Peace and Harmony Retreat

	Sunday	Monday	Tuesday
10 AM – 12 PM	Compassion	Compassion	Compassion
2:00 – 4:00 PM	Bodhichitta	Bodhichitta	Bodhichitta
6:00 – 8:00 PM	Wisdom of Emptiness	Wisdom of Emptiness	Wisdom of Emptiness