

# Where Did My Enthusiasm Go?

Treasure Valley Dharma Friends is pleased to present

## **Lama Jhampa Shaneman**

**April 12-April 14, 2019**



How do we maintain consistency through a lifetime of practice? Jhampa Shaneman, a renowned Buddhist teacher in the Tibetan tradition, will present a weekend of teachings on how to keep a sense of freshness and appeal in our daily practice. These teachings will follow the Tibetan Buddhist tradition and focus on the paramita of "Joyous Effort". This is an excellent opportunity for beginning students to get started with valuable basic techniques and for more advanced students to sharpen their skills.

### Dates and Times:

April 12, 2019 from 7:00 – 8:30 p.m.

April 13, 2018 from 10:00 a.m. – 12:00 p.m. and 1:30 p.m. – 3:30 p.m.

April 14, 2018 from 10:00 a.m. – 12:00 p.m. Potluck lunch to follow.

Requested donation of \$15.00 per session or \$60.00 for the entire weekend. No one will be turned away for lack of funds.

### Location:

April 12 and 13 teachings will be at the LTTT Buddhist Temple at 8813 W. Ardene Street, Boise. The location of the April 14 teachings and potluck lunch will be announced.

Treasure Valley Dharma Friends (TVDF) meets every Saturday at 10:00 a.m. at the LTTT Buddhist Temple located at 8813 W. Ardene St. The organization has been bringing renowned Buddhist teachers to Boise since 2001. TVDF promotes Buddhist practices such as meditation, book study and discussion groups. All are welcome.

On Facebook – Treasure Valley Dharma Friends