

13 June 2010, 3-15pm



Image (detail):
Kurukulla Tibet, 1800s.
Zimmerman Family
Collection

Swami Nityamuktananda
&
Khandro Thrinlay Chodon

A Special Conversation

followed by a candlelight puja

13 June 2010, 3-15pm

Oasis Holistic

Block 10 Selegie Road

#01-50 Selegie House

Prakriti. Shakti. Dakini. Sky Dancer. The Divine Mother.

These are some of the names used to refer to the primordial cosmic energy that permeates the entire universe. Not only is She responsible for the creation and maintenance of the manifestation of the world, She is also the agent of change and hence, the potential for the means of liberation.

Two great yoginis, dedicated to the highest practice of their own traditions, meet in Singapore in a rare chance encounter.

Swami Nityamuktananda, a spiritual monk in the Himalayan Yoga Tradition, and

Khandro Thrinlay Chodon, a Tibetan Buddhist, share a special conversation with the Singapore audience on The Feminine Principle in Spirituality.

Programme

3.15 *Introduction*

3.30 *Swamiji speaks*

4.00 *Khandro-la speaks*

4.30 *Q&A with audience*

5.30 *Yoga & Tea-break*

6.30 *Candlelight Puja*

7.30 *Ends*

Event is offered free, including the yoga session during the break. Bring your mat if you want to join in!

Traditional dana offering to the teachers will be gratefully accepted.



The candlelight, puja removes obstacles, illuminates the lamp of happiness in our lives, and brings renewed energy for the rest of the year.



Khandro Thrinlay Chodon was born in Lahoul to a family of great Tibetan yogis. In 1998, Khandro-la married His Holiness, the late 9th Shobdrung Ngawang Jigme, the head of the Drukpa lineage in Bhutan. Khandro-la trained as a child under the guidance of the late Gegen Khyentse Rinpoche, master of the 6 Yogas of Naropa and Mahamudra, and received all the empowerments, transmissions and teachings of her Drukpa-Kagyud lineage from him. Since the death of her late husband, she has dedicated her life to Khachodling, an organisation set up for humanitarian and dharma projects, such as a nunnery in Zanskar, and a medical centre in Ladakh.

Swami Nityamuktananda Saraswati (Dr. Christa Maria Herman), German by birth, naturalised British, took samnyasa in 2003 and confirmed her vows in the traditional Vedic ceremony of the Himalayan Tradition. Swami Nitya travels extensively teaching Yoga philosophy and Vedanta to students worldwide, lectures at international conferences, and conducts meditation retreats both in India and in the UK. She is the author of several books, among them, Seeing Yoga, a Contemplation of Patanjali's Yoga Sutras and, the latest, Dewdrop in Tomorrow's Ocean. In 1997, she was awarded a 'World Peace Prize' for her contribution to World Peace (LGWPF/NGO of UN).

How to get to Oasis:
Nearest MRT station - Little India.
For buses, visit oasis website below.