

# TIBETAN QIGONG NAPA VALLEY

THE CENTER FOR TIBETAN QIGONG – NAPA VALLEY

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CA 501(c)3 NonProfit since 2008

P.O. Box 145

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MAY 2020 Newsletter

We hope that you and your families are staying well during this pandemic. Our prayers are with you as you navigate through this difficult time.

We made the decision to cancel our March Dharma events with **KHENPO KARMA NAMGYEL RINPOCHE** the weekend before he was scheduled to arrive and a few days before Napa County joined the rest of California with shelter in place orders due to COVID-19. The following week we cancelled our April Dharma events with **LAMA LAKSHEY ZANGPO RINPOCHE**. It is not possible to make plans right now, but we will keep you posted on our future Dharma events as the situation allows.

## **ANNUAL COAT FUNDRAISER FOR SENGDRUK TAKSTE SCHOOL Golok, Tibet**

Please help us continue to provide chopas (traditional winter coats made by Tibetan tailors) and other items for the school's 330 students. Our donation needs to be sent in early August to allow time for the chopas to be made. Credit card donations can be made on website or by check mailed to CTQNV. Please note "chopas" on donation. **Thank you!**

## **TIBETAN QIGONG WORKSHOPS & PRACTICE – Napa, Sacramento, Vallejo, Berkeley**

There are no in person teachings or groups for now. Contact Paul O'Sullivan, [paul.osullivan66@gmail.com](mailto:paul.osullivan66@gmail.com), for information on remote teachings or practice groups.

## **REMEMBRANCE**

Please join us in remembering CTQNV co-founder and dedicated Tibetan Qigong teacher Kay Luthi who left this plane of existence on May 12, 2019.



Kay Luthi in Tibet, 2015

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