

# Traditional Wisdom & Body-Mind Practices in the Himalayas and Their Potential Applications to Modern Society

[Guest Speaker] **Dr. (Geshe) Tenzin Wangyal Rinpoche**  
(Founding Director, Ligmincha International)

Medium Seminar Room (3<sup>rd</sup> floor) at Kyoto University Inamori Center



**Title 1 (26<sup>th</sup> Sept.) 16:30-19:00**  
“Breathe as Medicine: Yogic  
Practices of the Bon Tradition and  
Their Effects on Human Health”

[Speaker] **Dr. Tenzin Wangyal Rinpoche**  
[Discussants] **Dr. Marc-Henri Deroche**

(Associate Professor, Graduate School  
of Advanced Integrated Studies in  
Human Survivability, Kyoto University),  
**Dr. Yoshiyuki Ueda** (Assistant  
Professor, Kokoro Research Center,  
Kyoto University)

**Title 2 (27<sup>th</sup> Sept.) 16:30-19:00**  
“Dream Yoga in the Bon Tradition”

[Speaker] **Dr. Tenzin Wangyal Rinpoche**  
[Discussant] **Dr. Kengo Konishi**

(Senior Lecturer, Kanazawa-  
Seiryu University)

- \*Language: in English with Japanese Translation
- \*\*Attendance: limited to 50 people
- \*\*\*Fee: free of charge



[Profile of Speaker]  
**Tenzin Wangyal  
Rinpoche**  
Founding Director,  
Ligmincha International

Founder and spiritual director of Ligmincha International. Writer. As a specialist of philosophy, logic, Vajrayana and meditation, he got a title of *Geshe* (Ph.D) in the monastic university of Menri Monastery in India. He is the author of many books such as *Awakening the Sacred Body*; *Tibetan Sound Healing*; *Tibetan Yogas of Body, Speech and Mind*.

[Access] <http://kokoro.kyoto-u.ac.jp/en/AboutUs/access.html>

[Contact] Liaison Office, Kokoro Research Center, Kyoto University, 46  
Yoshida Shimoadachi-cho, Sakyo-ku, Kyoto 606-8501 Japan

Tel: 075-753-9681 Mail: kokoro-event-2@mail2.adm.kyoto-u.ac.jp



Jingu Marutamachi Station (Keihan Line)