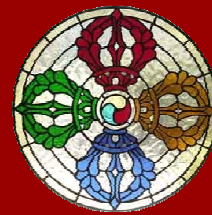


# TARA MANDALA

April 30<sup>th</sup> - May 4<sup>th</sup> Teachings in Davis and San Rafael  
with Lama Tsultrim Allione



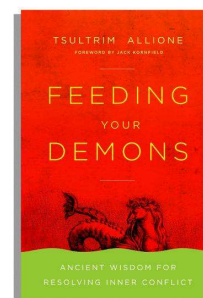
## Public Teachings and Book Signings

Thursday, April 30<sup>th</sup> from 7 to 9 pm: The Avid Reader  
617 Second Street, Davis, CA | (530) 758-4040

Monday, May 4<sup>th</sup> from 6 to 9 pm: The Open Secret Bookstore  
923 C Street, San Rafael, CA | (415) 457-4191

“A masterful job of translating ancient -  
and fascinating - methods to heal modern  
emotional troubles.”

-Daniel Goleman,  
author of Emotional Intelligence



## Introduction to Feeding Your Demons

Friday, May 1<sup>st</sup> from 7 to 9:30 pm

City of Davis Veteran's Memorial Center, The Club Room (parking in adjacent lot)  
203 East 14th Street, Davis CA

Cost: \$15 if not attending weekend teachings

Are you wrestling with your demons? Struggling with depression, anxiety, illness, an eating disorder, a difficult relationship, fear, self-hatred, addiction, or anger? Lama Tsultrim Allione will teach us how the harder we fight our demons, the stronger they become. If we want to liberate ourselves from the fight once and for all, we must reverse our approach and nurture our demons. Through *Feeding Your Demons*, Lama Tsultrim teaches a Western adaptation of the revolutionary wisdom of Tibet's greatest woman adept, Machig Labdrön, providing a powerful method for coping with the inner enemies that undermine your best intentions. She will teach a remarkable five-step method for transforming negative emotions, relationships, fears, illness, and self-defeating patterns.

## Feeding Your Demons and Prajña Paramita Weekend Retreat

Saturday, May 2 from 9:30 am to 5:30 pm (Bring your own lunch break: 12:30 – 2:00)

Sunday, May 3 from 9:30 am to 1:00 pm

Sunny's Loft, 105 E Street, apt 3G, Davis, CA 95616

Cost: \$95 (includes **required** Friday evening talk)

The weekend retreat will deepen our five-step *Feeding Your Demons* work including learning how to work with a partner and the extended ally step. Lama Tsultrim will also transmit the Prajña Paramita Nature of Mind teaching, which can only be practiced after receiving this direct transmission. A local practice group exists which you can join after the weekend once you have received transmission of the Prajña Paramita practice.

**For more information and to register, contact Chimae Say at 530 756-7170 or [chimae@cal.net](mailto:chimae@cal.net)**

*Lama Tsultrim Allione, author of National Bestseller: Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict and Women of Wisdom, was given the Outstanding Woman in Buddhism award for 2009 and was recognized as an emanation of Machig Labdrön at Machig's monastery in Tibet, Zangri Khangmar, in 2007. She is known as a profound and lucid teacher, bringing together psychological and spiritual insights. She has been teaching internationally for more than 30 years, is the founder of Tara Mandala Retreat Center.*

For more information about Tara Mandala or the teachings of Lama Tsultrim Allione, please contact:  
PO Box 3040 | Pagosa Springs, CO 81147 | (970) 731-3711 | [info@taramandala.org](mailto:info@taramandala.org) | [www.taramandala.org](http://www.taramandala.org)