GlideWing Online Workshops
2012 Workshop Schedule

The Tibetan Yogas of Breath and Movement
Tenzin Wangyal Rinpoche *January 14, 2012*

Lucid Dreaming and Living Lucidly
Robert Waggoner *February 4, 2012*

Tibetan Dream Yoga
Tenzin Wangyal Rinpoche *March 3, 2012*

Tibetan Sound Healing:
The Five Sacred Warrior Seed Syllables
Tenzin Wangyal Rinpoche *April 21 , 2012*

Tibetan Meditation: The Nature of Mind
Tenzin Wangyal Rinpoche *June 9, 2012*

Astral Dynamics Practical Intensive
Robert Bruce *To be announced*

Mindfulness Meditation
Dr. Charles T. Tart *To be announced*