



Nawang Khechog



# *The Awakening of Compassion Kindness & Love Weekend*

## **Saturday**

**October 23rd 7:00 PM**

Free Introduction to Tibetan  
Buddhism & Meditation

## **Sunday**

**October 24th 11:00 AM**

Free Public Talk

## **Sunday**

**October 24th 1:00 PM**

The Awakening of Compassion  
Kindness & Love Workshop

\$20 with pre registration

\$25 at the door

Scholarships Available

**Join Nawang Khechog**, one of Tibet's foremost world music composers and Grammy-nominated musician for a weekend of awakening kindness. Together with Nawang, a former Buddhist monk who has studied meditation under the direct guidance of the Dalai Lama, we will share stories, music and in-depth teachings on kindness. We will also explore practical tools for deepening our unconditional love for ourselves, our human family, and the natural world.

**Sponsored by the Unitarian Universalist**

**Congregation of Central Nassau**

**223 Stewart Avenue, Garden City, NY. 11530**

**For Registration Information and Directions**

**call (516) 248-8855 or visit <http://www.uuccn.org>**