

WHAT'S
YOUR

'Why?'

A Workshop on Living a Meaningful Life in Times of Transition



Led by Lama Tsomo

Thursday, April 26 at 6:30pm – 8pm

Open Way Mindfulness Center

702 Brooks St. Missoula, MT

Open to the Public | Suggested donation: \$5

Every day we weave the tapestry of our own lives—whether we're aware of it or not. With so many possibilities, how can we know the best way to weave a *meaningful* life? What are ways to cultivate a deeper, clearer awareness daily? How do we connect with our best selves during life's inevitable transitions?

Wherever you are in your journey, the "What's Your Why?" evening workshop led by Lama Tsomo offers an opportunity to focus on what it means to truly live with purpose, awareness, and joy.

Join us as we identify our true intentions and transform our inner stories through meditation, conversation, reflection, and journaling.

About Lama Tsomo: Lama Tsomo is an American lama, author, and co-founder of the Namchak Foundation and Namchak Retreat Ranch. A student of Tulku Sangak Rinpoche, Lama Tsomo holds spiritual retreats in the U.S. and abroad. She is dedicated to sharing the practical and time-honored practices with Western students, bringing greater happiness and meaning to life through meditation practice and community.

Learn more at Namchak.org/events

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