

Retreat on Zoom with **ANI SHERAB WANGMO**

“WALKING THE PATH OF BÖN”

A map of fundamental concepts all Bonpo practitioners should have.

Walking the Path of the Yungdrung Bön Tradition for Western students has different meanings for each one of us. As practitioners of this Tradition, we listen to a Teaching with undivided attention, then reflect on it, and, we practice it diligently to be able to reach its meaning. In the West we have had many very precious teachings, but there is a tendency to store them in our intellectual library without going through the other two fundamental steps; then, the information remains fragmented, stored and forgotten.

As you well know, this Tradition is an Ocean of Wisdom, and as we walk the Path, we learn that there is more and more depth to this Ocean. To be able to walk the Path, there is a map, and we need to know the map to recognize the territory. This course is for all practitioners at all levels because the map is the same, although its subtle ley lines are revealed as we advance in our spiritual accomplishments. Therefore, this course may allow you to “connect some dots” of what the Teachers mention in all teachings. For beginners, it is a good introduction to the scope of fundamental concepts a practitioner of Bön has to have; for the ones who consider themselves “advanced”, it may be beneficial. There are many maps; this is only one of them.



ANI SHERAB WANGMO is a nun from the Yungdrung Bön Tibetan Tradition, authorized instructor for the Lineage and practitioner for 31 years. Her name means “the nun initiated in Wisdom” and her Getsukma vows were granted by His Holiness Lungtok Tenpai Nyima, Abbot of the Menri monastery in India in 2007.

His Eminence Yongdzin Tenzin Namdak Rinpoche is her Root Lama since 1999 and she has followed His teachings since. She has also received teachings from Khenpo Tenpa Yungdrung Rinpoche, Lama Tenzin Wangyal Rinpoche, Khenpo Gelek Jimpa, Geshe Chapur and brilliant Bön Teachers.

Currently she lives in La Paz, Mexico, translates into Spanish many of the online teachings and coordinates one sangha there.

Date: Friday, 4th December 2026 until Sunday, 6th December 2026

Schedule (every day): 15:00 h – 17:00 h (CET)
17:30 h – 19:00 h (CET)
19:30 h – 21:00 h (CET)

Participants should know:

- To be present in all sessions because they are sequential
- There won't be recordings for all
- To be very punctual and join on time
- To be visible on Zoom – Ani la wants to see the participants

The teaching lessons are in English!

Recommended Dana: € 100, - - € 140, - (Participants decide for themselves how much they would like to contribute)

Payment via **Paypal** to Ani la using her email anisherab999@gmail.com and this will lead you to her civilian name Silvia Manzanilla

Or

if you do not have Paypal you can send your donation to Ligmincha Austria and we will transfer the money afterwards:

Bank details:

Ligmincha Österreich e.V.

IBAN: AT36 6000 0103 1034 3485 **BIC:** BAWAATWW

Purpose: „Path of Bon” 2026

Registration is required via the following link:

<https://forms.gle/9sWHbF9eYtcj2wa46>

Once you have registered, you will receive a copy at the email address you provided; no further confirmation email will be sent. Please check your inbox and spam folder.

The Zoom Link to access the teachings will be sent to registered participants in good time. Please register by November 30th 2026 at the latest.

Contact and further information:

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