



**Lama Zangmo** is a meditation practitioner and teacher in the Tibetan Buddhist tradition. They completed three consecutive three-year retreats at Palpung Thubten Choling in upstate New York and now reside there as a member of the monastic community. They are currently pursuing a masters degree in Buddhist philosophy and meditation at Tergar Institute in Kathmandu, Nepal with an emphasis on diversity and deep equity within sanghas.

Palpung Thubten Choling: <https://palpungny.org/>

Tergar Institute: <https://tergarinstitute.org/>