

Nahoko Watanabe first met Lama Zopa Rinpoche in Tokyo, 1993 and again at Root Institute in Bodhgaya during a nine month pilgrimage visiting Buddhist holy sites and temples. From that time she was inspired to study Buddhism seriously and entered into the FPMT Masters Program in 1998. She completed her MP studies with Geshe Jampa Gyasto at Istituto Lama Tzong Khapa in Italy in Dec 2004. She is now married to one of her classmates from the program and is living in Italy.