

Weekly Meditation

Beginners welcome



**Join us weekly for meditation and dhamma talk with
Buddhist monk, Bhante Sathi.**

**When: Saturdays beginning February 11th
2pm-3:30pm**

**Where: 2622 Taylor St NE
Minneapolis, MN 55418**

For more info call Ray: (651) 231-5669

Or Bonnie (651) 628-0589

Insight meditation is for experienced and beginning meditators. Meditation cushions will be available but feel free to bring your own.

Practiced for over 2,500 years, Insight Meditation helps many become aware of the present moment and the true nature of things. Learn about the four foundations of mindfulness: realizing bodily senses, feelings, thoughts and the nature of everything.

Following meditation, enjoy tea while listening to a brief Dhamma teaching.

***No fee. Donations are welcome to cover the cost and support our
teachers.***

All are welcome.