

ONE DAY MEDITATION RETREAT

LED BY BHANTE SATHI, BUDDHIST MONK



April 17, 2010

10:10 a.m. - 4:30 p.m.

at

**Chanhassen Library,
7711 Kerber Blvd. Chanhassen**

For register go to www.triplegem.org

Or more information call

Ralph @ 952.934.9727

Practice Meditation and Learn how to:
Cultivate Mindfulness
Deal with Emotions and Stress
Develop compassion and loving kindness

The day will include an introduction to meditation, seated and walking meditations, and teachings and discussion on mindfulness. Lunch is potluck. Please bring something to share for lunch or tea breaks, and a cushion if you have one.

This is a dana event; dana is a buddhist tradition of monks sharing their teachings for no fee. You are invited to practice dana with a donation to support the monks and their teachings. Please register at info@triplegem.org.

For information call Ralph @ 952.934.9727

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