

Buddhist Meditation and Dharma Talk



First Sunday of Every Month 9am - 12pm
at
Sanctuary Yoga
1919 Stearns Ave. Kalamazoo

9:00 am - Introduction to sitting and walking meditation as taught by Chögyam Trungpa Rinpoche, author of *Mindfulness In Action* and *Cutting Through Spiritual Materialism*. (Optional for experienced meditators.)

9:30 - 10:30 am - Meditation

10:30 am to noon - Dharma talk with refreshments after.



All are welcome.
No prior experience necessary.
Donations accepted.

Please take a moment to register at this URL (or use the QR code to the right): <https://goo.gl/gm4Qou>



Blaire Latulippe is a meditation practitioner and student of the Kagyü Lineage. If you have any questions, please contact her at 269-830-0110 or aryatarazoo@gmail.com