

Trungpa Dharma Sunday Sangha Workshop



Offered on the first Sunday of each month at

Sanctuary Yoga
1919 Stearns Ave. Kalamazoo MI

9:30 am - Introduction to sitting and walking meditation as taught by
Chögyam Trungpa Rinpoche, author of *Mindfulness In Action* and
Cutting Through Spiritual Materialism.

10:00 am - Practice session.

10:30 am - Refreshments

11:00 am - Dharma study and discussion

Join in at any point of the program. If you arrive late, remove your shoes
and enter the studio quietly.



All levels of experience are welcome. Donations accepted.

Please take a moment to register and check for any format
changes at this URL (or use the QR code to the right):

<http://www.Sanctuary-yoga.com/workshopsevents>



Blaire Martin is a meditation practitioner and student of the Kagyü Lineage.
If you have any questions, please contact her at 269-830-0110,
aryatarazoo@gmail.com, or Facebook at [Trungpa Dharma - Kalamazoo](#).