

Meditation Retreat

*Two Sundays 10a-3p
April 21 & May 19*

*Sanctuary Yoga
1919 Stearns Ave, K200
\$10 Donation*

Schedule

*10-12 Sitting/Walking Meditation
12-1 Lunch
1-3 Sitting/Walking Meditation*

*All levels of experience are welcome
Instruction available at 9:45a
Cushions and chairs provided*

We encourage you to lean into your practice and stay for the day, but please come for what your schedule allows. If a session has begun before you arrive, remove your shoes and enter the shrine room quietly.

**For info and to register, contact Blaire
Aryatarazoo@gmail.com
269-830-0110
Facebook: @TrungpaDharmaKalamazoo**

Hosted by Trungpa Dharma- Kalamazoo

Dedicated to the study and practice of teachings by Chogyam Trungpa, Rinpoche