



Beginner's Meditation Class

Sunday, October 22, 29 and November 5, 2017
5:15 - 6:15 p.m.*

The class will cover the benefits of meditation, some meditation techniques, developing a regular meditation practice, and some history of Buddhism. Each class will include a 20-minute practice period and time for questions and discussion.

Anyone who wants to learn the Insight Meditation practice may attend.

No Fee will be charged: AIMC values freely offering the teachings to all who are seeking, without exception. The class will explain *dana* (donation) which is a practice of cultivating generosity. Participants may also choose to make a donation to the Center.

There is no need to register for the class; you may simply show up.
Contact: Suzanne Kryder at therange1955@gmail.com.

*The class will end at 6:15 p.m. so that participants may attend the Sunday night practice period from 6:30 - 8:00 p.m.