

NEW CLASS

KINGSTON MEDITATION GROUP

with Christine Alicino, Steve Clorfeine & Mary Ranges

Mondays 4:30pm - 6pm

We offer an open meditation class based on the practice of Shamatha - a form of meditation common to many Buddhist traditions. Shamatha in Sanskrit means the development of peacefulness and in meditation it means facing one's mind directly with a gentle and curious approach. Our practice is informed by Shambhala Buddhist teachings in which all the meditation leaders are trained and authorized.

The class meets for 90 minutes offering the practices of sitting and walking meditation, group and individual meditation instruction.

Suggested \$5 donation.



MUDITAYOGALAB.COM
243 FAIR STREET
UPTOWN KINGSTON

