

# Learn more about Buddhism and Meditation in September at

*Nalanda West*

Accessible and relevant to newcomers and  
seasoned practitioners alike.

All are welcome!

- **Monthly Open House - Death and Loss:**  
The Everyday Experience of Being Alive  
Carole Fleming discusses living and dying well.  
Wednesday, Sept. 3 at 7 pm.

- **Introduction to Buddhism**  
Traveling from Confusion to Original Sanity  
4 Monday evenings at 7 pm, Sept. 8 – 29.

- **Beginning Meditation**  
Getting to Know our Mind  
6 Tuesday evenings at 7 pm, Sept. 9 – Oct. 21

- **Nitartha Institute**  
Mind and Its World and Clear Thinking  
Semester courses, Tuesdays and some Saturdays.  
Starting Sat. Sept. 27.

For more information, visit: [www.nalandawest.org](http://www.nalandawest.org)

Questions? Email [info@nalandawest.org](mailto:info@nalandawest.org)  
Or call: 206.529.8258

*Nalanda West*

Center for American Buddhism