

BEGINNING MEDITATION: A SIX-WEEK CLASS
AT NALANDA WEST
CENTER FOR AMERICAN BUDDHISM



TUESDAYS 7 PM TO 8:30 PM STARTING SEPTEMBER 9TH
AT 3902 WOODLAND PARK AVE N. (NEAR BRIDGEWAY)

We can make friends with our minds and become present to our lives through working with our breath. In meditation we discover how our conditioned minds work, and thus begin to free ourselves from painful habits of struggle and confusion. This process enables us to find the fundamental openness, ease, and compassion of our minds, as well as the ability to embrace all aspects of experience in daily life. This class is designed to help beginners establish an ongoing meditation practice, and will include meditation instruction, guided meditations, brief talks on the philosophy of practice, and question/answer. Topics will include:

- Getting to know our minds
- Meditation and Embodiment
- Gentleness, Precision and Humor in practice
- Working with thoughts and emotions

To register early, please e-mail admin@nalandawest.org. You may also arrive early on September 9th to register before the first class. The suggested donation for each class is \$15. If you would like any more information, please contact the instructor, Anna-brown Griswold, at maitri73@yahoo.com.

The class will be taught by Anna-Brown Griswold. Anna-Brown has been practicing and studying Tibetan Buddhism since 1992, and is a senior student of Dzogchen Ponlop Rinpoche, a Tibetan Buddhist master. She trained intensively at Gampo Abbey Buddhist monastery with the American Buddhist nun Pema Chodron for a year and a half, and earned a Master's Degree in Buddhist Studies from Naropa University. She is currently working on her Doctoral Degree in Clinical Psychology.