

The Preparation of Meditation Class

Instructor: Abbot, Venerable Guo Yuan

Dharma Drum Retreat Center and Chan Meditation Center, NY

Although the methods of meditation are simple and straightforward, it is best to practice them under the guidance of a teacher. Without a teacher, a meditator will not be able to correct beginner's mistakes, which if uncorrected, could lead to problems or lack of useful results.

During this class, you will learn the fundamentals of sitting meditation, including proper bodily posture (sitting on a cushion or a chair), relaxation, and basic methods of concentration. In addition, you'll learn about the proper environment, equipment, and timing, as well as self-massage and important concepts related to the process of meditation. Explanations about various experiences and obstacles in meditation will also be given.

Location: Pure Mind Center

Participant: All levels meditators are all welcomed.

Online registration: Required

Free to the public. Donations are welcome.

Email: info.puremindcenter@gmail.com

Registration Information:
www.puremindcenter.org

April 12, 2018
Thursday, 7pm – 9pm

