

One Day Meditation Retreat

Instructor: Abbot, Venerable Guo Yuan

April 15, 2018

Sunday, 9am -4pm

Organizer: Pure Mind Center/ DDMBA-St Louis

Location: Pure Mind Center,
7825 Olive Blvd., U. City

Participant: This program open and free to
the public. Donations are welcome.

Online Registration: Required

Email: info.puremindcenter@gmail.com

Telephone: (314) 277-5640

Registration Information:
www.puremindcenter.org

How Should One Approach Daily Meditation Practice?

*“You know you want to benefit from daily practice,
but you don’t know how to go about doing it.”*

*First, you should have a proper mental attitude
towards practice. Second, you should use a method.”*

– Excerpt from Zen Wisdom
by Chan Master Sheng Yen

