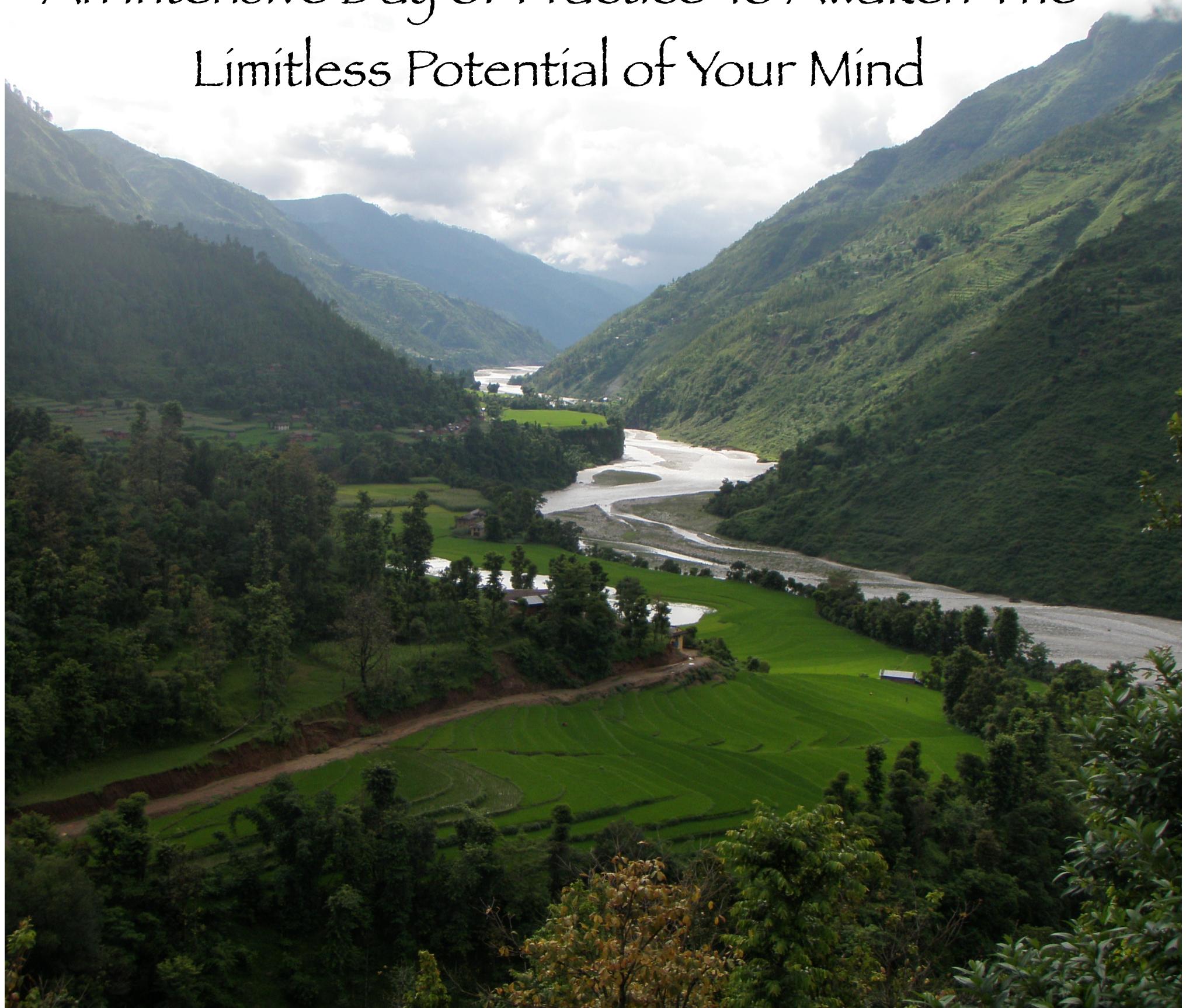


# An Intensive Day of Practice To Awaken The Limitless Potential of Your Mind



## **A Day of Meditation**

Saturday,  
November 10th  
10a - 4p

Led by Jacie Keeley

Thubten Kunga Ling  
[www.thubtenkungaling.org](http://www.thubtenkungaling.org)  
\$40 or \$25 for members

Join the Thubten Kunga family for a meditation retreat. Freed from calls, texts, social media and videos, it will be like a day at the spa for our inner selves.

Jacie will guide us in methods to settle underneath all the distractions into the natural stillness of the mind, creating conditions to explore the potential of our minds, our hearts.

If you have attended Sundays or Discovering Buddhism classes this is a great way to deepen your familiarity through experiential understanding.

There will be two sessions in the morning and two in the afternoon, with adequate break times in between sessions.

You may wish to make offerings such as light, incense and flowers.

Note: This is a phone, video radio and computer free day.

**Suitable for all levels of experience.**

**Please bring your own lunch.**