

Mindfulness for Mental Health: Overcoming Distorted Thoughts

Saturday, February 10, 2018

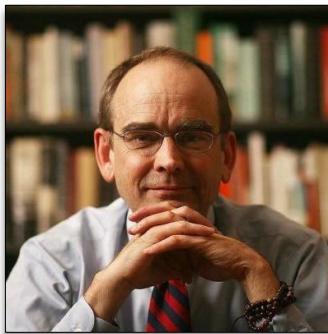
Mount Sequoyah Retreat Center
150 N. Skyline Drive - Fayetteville, Arkansas

9:00 a.m. – 4:00 p.m.

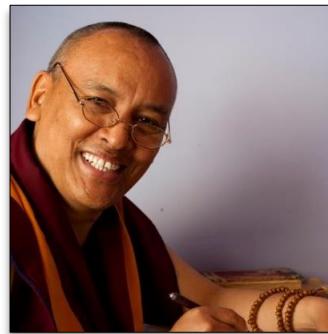
Includes lunch with vegetarian options



Geshe Thupten Dorjee
Professor
University of Arkansas



Dr. Sidney Burris
Professor
University of Arkansas



Geshe Dakpa Topgyal
Resident Teacher
Charleston SC Tibetan Society



Dr. Dent Gitchel
Associate Professor
University of Arkansas, LR

We are all seeking happiness.

In this universal quest, the insight of the Tibetan culture found that happiness is not dependent on one's past or present external conditions. Happiness is a state of mind that everyone can cultivate. Tibetans have developed a

series of very effective techniques that can assist one in overcoming stress, leading a more balanced and wholesome life and finding happiness in whatever lies in one's path. Meditation and Mindfulness are two key components of this mental training. Meditation is a process of familiarizing ourselves with a clear and accurate way of seeing, while mindfulness trains us in maintaining clarity. This seminar will introduce steps to develop a practice oriented around these principles.

For more information call/text (479) 595-2638 or email schustercarole@yahoo.com.

To register by mail, complete this form and send with payment by Feb. 2nd to:
TCIA, c/o Mirror Program, P.O. Box 269, Fayetteville, AR 72702-0269. Make check payable to: TCIA
Or Register online at www.artibet.com before Feb. 2nd.

Name _____ Email _____

Address _____

City/St _____ Zip _____ Phone _____

Registration \$60 (includes lunch) _____ U of A/High School Student \$30 (includes lunch) _____