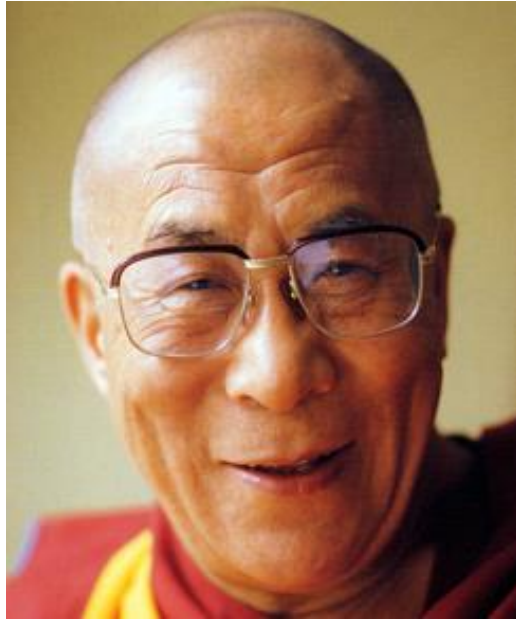


Why is this man smiling?



Learn to meditate and find out.

INTRODUCTION TO MINDFULNESS MEDITATION

A Four-Week Course at Show Me Dharma

Date and Time: Wednesdays 6:30 pm. – 8:00 pm., **November 7-November 28, 2018**
Except during Thanksgiving week, the class will be on Monday, Nov. 19th instead of Wednesday.

Location: Show Me Dharma, 1600 W. Broadway, Columbia, MO

Cost: This class is offered on a Dana (voluntary donation) basis

Mindfulness meditation, or vipassana, is a 2500 year-old Buddhist practice that can benefit every aspect of your life. Vipassana can help you relax, cope with work and family stress, deeply heal your emotional life and lead you to spiritual freedom.

The class will be facilitated by Caya Tanski and will feature video dharma talks by Jack Kornfield and Tara Brach, two internationally-known Theravadan vipassana teachers. Each class will consist of a talk, meditation practice, and group discussion.

To register, go to:

https://docs.google.com/forms/d/1YEBli69fvhI5pYogVAj2cTsYEyEwXDQo_T8Ysz2BuFk/edit or contact Caya Tanski at cayasadhana@yahoo.com.