



Milarepa Center

a Tibetan Buddhist retreat center



“Dealing With Difficult People”

An evening talk with: Venerable Amy Miller

Wednesday, September 25, 2019

6 pm–7:30 pm

Presented by Milarepa Center & Kellogg-Hubbard Library

Aren’t you tired of having challenging people turn up in your life? Why are they there and how can we make them go away? This lively evening presents an alternative view on the presence of these people and how we can best transform a negative experience into a more positive one. Meditation and practical exercises included.

Open to everyone.

Info: 802-633-4136 or <https://www.milarepacenter.org>

802-223-3338 or <https://www.kellogghubbard.org/>