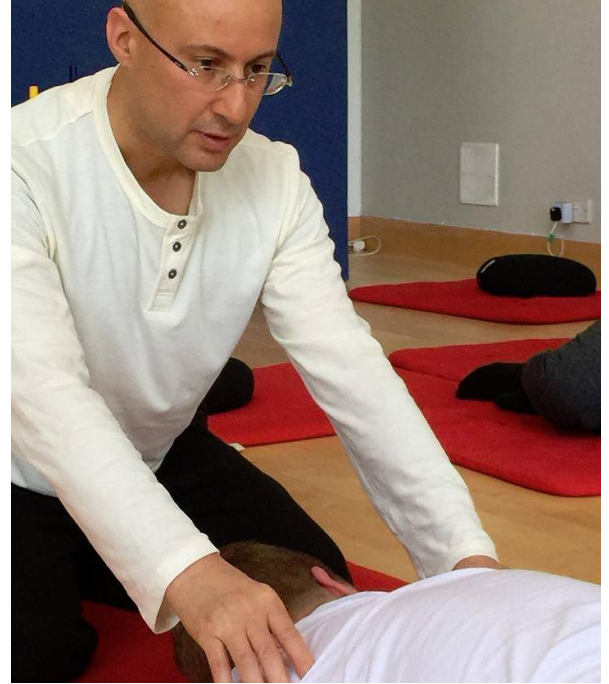


body - dharma

a going deeper evening at Nagaloka



Developed by dh.advayamati 'body dharma' are workshops that are based on shiatsu, loving-kindness & mindfulness. It supports the integration of body, mind and spirit; leading us to a deeper experience of the inter-connectedness.

Ordained in 2001 advayamati means 'non-dual' or steady mind. advayamati has taught buddhism and meditation at the ipswich buddhist centre (UK) for 14 years and been practicing shiatsu for 30.

Nagaloka Buddhist Center

Wednesday, Sept 14th 7-9 pm

We welcome Advayamati, who will lead the Mindfulness meditation practice and 'body dharma' that helps you to take your practice deeper and bring more of your whole experience into your meditation and help balance the flow of energy. there is some paired work. please wear loose clothing.

<https://www.facebook.com/directdharma>