

# Meditation Workshop

May 2018

2-Wednesdays: Mar 21—28th

Time: 7 pm—9pm

Wake up  
and be  
awesome

Cost: Dana (contribution)

Suggested \$15.00 per session



Please join us at Nagaloka on Wednesday 21st and the 28th, 7pm to 9pm for meditation workshops.



Led by: Narottama

These two practice evenings will focus on the Mindfulness of Breathing, the Metta Bhavna, walking meditation and just sitting. There will also be time to discuss your meditation practice and it's challenges.

Suitable for beginners as well as seasoned veterans.

1 Forest Avenue, Portland, ME

[www.nagalokabuddhistcenter.org](http://www.nagalokabuddhistcenter.org)

207-329-8041

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Center**

