



Nagaloka Buddhist Center

1 Forest Ave, Portland-

www.nagalokabuddhistcenter.org

Cost \$25-\$40 (self determining sliding scale)

Touch the Earth with Gratitude

Exploring Meditation

Saturday, Jan 25, 2020

9 AM—1PM

Register at Nagaloka, or email Dharmasuri@gmail.com

ON this day we will explore the mindfulness of breathing meditation to help support concentration and the metta bhavna (loving kindness) meditation to help cultivate positive emotions for ourselves and our planet. Part of the class will be exploring silence and perhaps a full immersion of walking meditation on Congress street weather permitting.

The focus of the day will be to slow down enough to connect with the earth and its elements that support us .

Led by Narottama: His first retreat at Aryaloka was in 1993 and ordained in Spain in 2007. The Dharma, coupled with ever deepening communication with friends in the Triratna Buddhist Community, has guided and provided a positive framework for his personal transformation. His excellent teaching methods comes from years of meditation experience.

