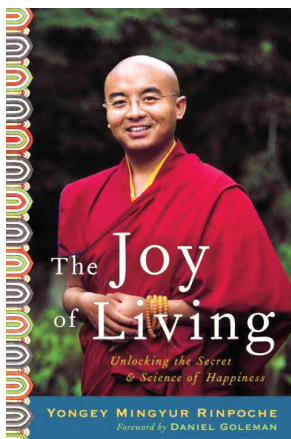


Calming the Mind

Joy of Living 1 Meditation Workshop

Learn to meditate anytime and anywhere to cultivate awareness, joy, clarity and calm



The practice of meditation enables us to transform all experiences, even difficult emotions, into sources of joy. Following the teachings of Mingyur Rinpoche, we will explore the landscape of our experience, learning how to use the body, sensory experiences, thoughts and emotions as support for meditation. Weekend is open and suitable for all.



The workshop will be led by Tergar Instructor Antonia Sumbundu, an experienced meditator and holder of a Master's degree in Mindfulness-Based Cognitive Therapy.

Saturday, 19 May: 9:30 am to 5 pm

Sunday, 20 May: 9:30 am to 5 pm

De Achter-ruimte
Nieuwe Amstelstraat 57
1011PL Amsterdam

Cost:

€ 125 Standard

€ 75 Student ID & Seniors

For info and registration:

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