



MAKING FRIENDS WITH YOURSELF

**Introductory Meditation Class studying
“Mindfulness in Action”
by Chogyam Trungpa Rinpoche**

**Tuesdays September 15-October 13 6:30-8:30
p.m.**

**BRUNSWICK SHAMBHALA MEDITATION
CENTER
19 Mason Street**

FMI & to register visit: <http://tinyurl.com/nb8xxrs>



For Full Fall Schedule & Calendar Visit:
www.maineshambhala.org
or contact Kathy Bither @ kbither@bates.edu

The Brunswick/Portland Shambhala Center is a nonprofit affiliated with Shambhala International.