



**Open to All
Discussion
on six types
of Meditation**

**No specific
postures
required**

**No fee
(Donations Accepted)**



ADMC

**108 W. 10th Ave.
Suite #3
(Downstairs)
Johnson City, TN**

How to Meditate Workshop

**Appalachian Dharma & Meditation Center
Saturday, December 17, 2016
2:00 – 4:30 p.m.**

Who should attend?

This session is open to those who simply want to know more about meditation; those beginning a meditation practice; as well as to those who would like to deepen their practice. It is good to have a mix of experience in the group as it allows learning from each other.

What is the content?

The session will include information on concentration (breath counting), mindfulness (insight) and walking meditation, as well as using a silent mantra, chanting and listening to a guided meditation

Will I have to sit on a cushion with my legs folded?

There is no requirement for a specific position for meditation. Chairs and cushions are available. The only request will be that you are comfortable.

Who is the facilitator?

The session leader is Jody Palm who practices Tibetan Buddhism and has been meditating for over 30 years. She is a founding member of ADMC and also teaches classes in Introduction to Buddhism at the center.

Is there a fee? How do I get there?

The session is free of charge. All events at ADMC are open to the receipt of Danas or donations. Directions to the Center at <http://www.dharma4et.org>