



**Open to All
Discussion
plus Guided
and Silent
Meditations**

**No specific
postures
required**

**No fee
(Donations Accepted)**



ADMC

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

Buddhism Mindfulness and Meditation

**Appalachian Dharma & Meditation Center
Saturday, April 11
1:00 – 3:00 p.m.**

Who should attend?

This two hour session is open to those who simply want a brief introduction to the basic teachings of Buddhism, mindfulness, and meditation. It is of interest to those seeking general information about Buddhism and those who are either beginning a meditation practice, or would like to deepen their practice. There is no registration procedure—just attend!

What is the content?

The session will include information on the origins and path of Buddhism and teachings on mindfulness and meditation. A Buddhist approach to religion and its Four Noble Truths will be discussed. The effects of mindfulness and meditation on self-control; objectivity; mental clarity; emotional intelligence; and the ability to relate to others and one's self with kindness, acceptance and compassion will be included.

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.

How much meditation time will there be?

Periods of teaching and information are interspersed with both guided and silent meditations ranging from 15 – 30 minutes.

Who are the facilitators?

The session leaders are Peter Ford, a long-time Zen Buddhist practitioner, and Linda Good, a Psychotherapist in Private Practice with a focus on Mindfulness and Meditation. Peter is the editor and web master of ADMC and other Buddhist Internet sites. More information about Linda can be obtained on the ADMC website or at Linda's web site: www.lindagood.net.

Is there a fee? How do I get there?

The session is free of charge. All events at ADMC are open to dāna (selfless giving) or donations. Directions to the Center can be found at the web site www.dharma4et.org.