



**Open to All
Discussion
plus a 15-
minute Silent
Meditation**

**No specific
postures
required**

**No fee
(Donations Accepted)**



ADMC

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

Intro to Buddhism, Meditation & Mindfulness

**Appalachian Dharma & Meditation Center
Saturday, July 7, 2018
1:00 – 3:00 p.m.**

Who should attend this class?

This class is open to those who simply want an introduction to the basic teachings of Buddhism, to learn more about meditation, and to discover how to be more mindful in our everyday lives.

What is the content?

This class will include a brief history of the Buddha and introduction to Buddhist teachings or dharma in the first hour. The second hour will focus on various types of meditation & mindfulness.

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.

Who is the facilitator?

The class leader Russ Miles, an experienced meditator and currently ADMC board president.

Is there a fee? How do I get there?

The class 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.