

# KADAMPA MEDITATION CENTER LONG ISLAND

EVERYONE WELCOME!

MEDITATIONONLONGISLAND.ORG

282 NEW YORK AVENUE HUNTINGTON, NY 11743

SEE WEBSITE FOR MORE INFORMATION OR CALL (631) 549-1000

## November/December 2017

### SUNDAY CLASSES

#### Clarity of Mind

10 - 10:45am | \$5

Deep inner peace through concentration.

#### Overcoming Self-Sabotaging Tendencies (Nov.)

11:30am - 1pm | \$15

Learn how to overcome the habits and tendencies that undermine our effort to fulfill our dreams.

#### Take Control of Your Life: Envisioning a New Reality (Dec.)

11:30am - 1pm | \$15

If you're feeling like you don't have any control or choice in your life, think again!

#### Meditation for Kids

11:30am - 1pm | \$3 kids

### DAYTIME CLASSES

#### How to Transform Your Life

**Mondays** | 12 - 12:45pm | \$5

#### Unwind Your Mind

**Tuesdays** | 12 - 12:30pm | \$5

#### Soup and Serenity

**Wednesdays** | 12 - 1:30pm | \$10

#### Parents & Babies Meditation

**Thursdays** | 10:30 - 11:30am | \$5

#### Inner Healing Power of Meditation

**Thursdays** | 12 - 12:45pm | \$5

### EVENING CLASSES

#### Healing Meditations

**Mondays** | 7 - 8pm | \$10

Join us as we engage in healing meditations inspired by the practice of Medicine Buddha.

#### How to Transform Your Life

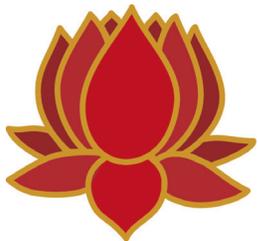
**Tuesdays** | 7 - 8:30pm | \$15

Each week you will be guided in exploring practical and easy ways to integrate Buddha's teachings into busy, modern life in ways that are relevant and inspiring! These teachings are highly effective methods for reducing negative states of mind.

#### Clarity of Mind

**Wednesdays** | 7 - 8pm | \$10

Develop deep concentration and experience your potential for peace and freedom.



# meditationonlongisland.org

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## WORKSHOPS

### Acceptance and Forgiveness

**Nov 11 | Sat. | 10am - 1pm | \$20**

It can be difficult to recover from deep wounds, such as betrayal. But by dwelling on past harm done to us, we harm ourselves even more! Healing and freedom are possible through the power of acceptance and forgiveness. Learn how meditation and Buddha's practical wisdom can help us accept and forgive both ourself and others.



## RETREATS

### Uncovering our Boundless Potential with Kadam Lucy James

**Nov 24-25 | Fri-Sat | 10am - 4:30pm |**

*\$60 non-members both days / \$30 members both days*

### Still Waters Run Deep: A Four Session Silent Mahamudra Retreat with Kevin Potente

**Dec 16 | Sat | 9am - 5:30pm |**

*\$40 non-members includes lunch, \$20 members*

### New Year's Day Silence is Golden Retreat with Kadam Holly

**Jan 1 | Mon | 10am - 3:30pm | \$25**



## SPECIAL EVENTS

### Thanksgiving Day Meditation & Free Vegetarian Potluck

**Nov 23 | Thurs. | 11am - 2pm | FREE**

### Holiday Party Potluck Dinner

**Dec 6 or 7 - TBA | 7pm | Everyone welcome! | Bring a dish to share**

### Christmas Eve Prayers

**Dec 24 | Sun. | 5:30-6:30pm | FREE**

### New Year's Eve Meditation

**Dec 31 | Sun. | 9:30pm-midnight | \$25**

Join us for an alternative New Year's Eve as we set a spiritual intention for the New Year, wishing for wisdom and compassion to grow in the hearts of everyone throughout the world.