

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

January / February 2017

SUNDAY CLASSES

Clarity of Mind

10 - 10:45am | \$5

Explore this powerful meditation on the nature of the mind and experience deep inner peace through concentration.

The Best of Intentions (Jan)

11:30am - 1pm | \$15

If you are new to meditation, January is the perfect month to start. Take time to develop inner peace by establishing a daily practice.

Overcoming Fear and Anxiety (Feb)

11:30am - 1pm | \$15

Explore the root causes of fear and anxiety and learn how to find true refuge.

Children's Class 11:30am - 1pm \$3

Teens class will resume in February

DAYTIME CLASSES

Prayers for World Peace

Mondays | 12 - 1pm | \$10

Prayers for cultivating inner peace, the best method for establishing world peace.

Unwind Your Mind

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

Take a break from the busyness of daily life with this lunchtime meditation.

Soup and Serenity

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

Join us for engaging teachings, meditations and homemade vegetarian soup for lunch.

Healing Power of Meditation

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

Develop inner peace and a positive outlook while putting compassion into action.

EVENING CLASSES

Healing Meditations

Mondays | 7 - 8pm | \$10

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

Eight Verses to Change Your Life

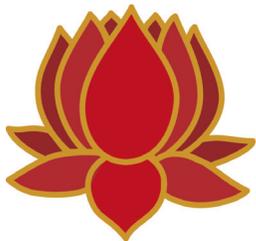
Tuesdays | 7 - 8:30pm | \$15

Learn how to meditate on one of Buddhism's best-loved texts, "Eight Verses of Training the Mind," by the great Tibetan Bodhisattva, Langri Tangpa. Clear methods will be simply presented for transforming all life's difficulties into valuable spiritual insights.

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

Free Open House

Jan 7 | Sat. | 11am - 12:30pm

If you are new to Buddhism and meditation and wish to find out what it is all about, why not attend our free open house? We'll give a basic overview, a center tour, guide a simple meditation, and answer all your questions.

Meditation for Beginners

Feb 11 | Sat. | 11:30am - 1pm | \$15

The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries and mental discomfort, and so we will experience true happiness; but if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions.



RETREATS

Peace of Mind Beginners Retreat

Jan 14 | Sat. | 10am - 1pm | \$10

Vajrasattva Purification Retreat

Jan 21 | Sat. | 10am - 1pm | \$10

Blissful Path Retreat

(for those with HYT Empowerments)

Jan 28 | Sat. | 10am - 1pm | \$10

Silence is Golden Retreat

Feb 18 | Sat. | 10am - 3:30pm |

\$25 includes lunch, \$5 for members

Discover the real freedom to be found in a calm and quiet mind. Experience a short meditation retreat where everyone observes the practice of silence for a day to gain a deep level of relaxation, focus and insight.



SPECIAL EVENTS

Buddha's Prescription for Modern Relationships

Feb 14 | Tues. | 7pm - 8:30pm | \$15

Come celebrate the deeper meaning of Valentine's Day with Bob and Lynda Rice, as they explore love and relationships from Buddha's perspective.

Refuge Vow Ceremony

Feb 26 | Sun. | 9:45am - 11am | FREE

Through participating in this beautiful ceremony, we express our commitment to seek refuge in the Three Jewels -- Buddha, Dharma and Sangha -- in order to liberate ourselves permanently from all fears and suffering, so that we may become someone who can help others do the same.