

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

May / June 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.

Make Your Life Meaningful (May)

11:30am - 1pm | \$15

Consider sage advice from Buddha about ways we can face and conquer our fears of judgment, change, loss/rejection and failure.

Becoming Love (June)

11:30am - 1pm | \$15

Discover the inner protection that comes from developing loving states of mind.

Children's Class | Teens Class

11:30am - 1pm \$3 child | \$7 teen

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.

Exploring the Mind's Potential

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

Understand the nature, power and potential of your mind and how you can bring about positive change in your relationships and your life through the practices of meditation and mindfulness by exploring practical ways to develop light, positive states of mind.

Clarity of Mind

Wednesdays | 7 - 8pm | \$10

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

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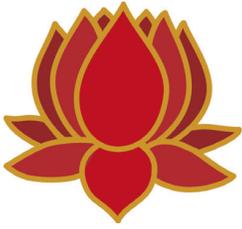
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WORKSHOPS

Meditation for Beginners

May 13 | Sat. | 11:30am - 1pm | \$15

If you are new to meditation, please join us for this introductory class.

Draw Out Your Buddha Nature: A Workshop for the Artist at Heart

June 17 | Sat. | 10am - 1pm | \$20

Join us for this morning of creative learning based on the format of our popular children's meditation class. It will include guided meditation, some inspiring advice from Buddha's teachings, and various artistic projects designed to help us discover our "Buddha nature" — our potential for enlightenment. Come prepared to have fun(!), as the creative process brings Buddha's wisdom deeper into our hearts.



RETREATS

Meditation Retreat on Taking and Giving

June 2-3 | Fri-Sat. | FREE

Session Times Each Day:

9-10am, 10:30-11:30am, 12-1pm

Kadam Holly will guide us in the special practice called Taking & Giving - a simple, effective method for transforming life's difficulties into spiritual strength.

Turning the Wheel of Dharma Day and Geshe Kelsang's 86th Birthday

June 4 | Sun. | FREE

9-11am Offering to the Spiritual Guide

2-4pm Quick Path to Great Bliss with Tsog (for those with HYT Empowerments)



SPECIAL EVENTS

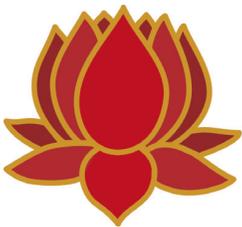
Finding the Hero Within: Inspiring Solutions for Challenging Times with Gen Kelsang Togden

May 20 | Sat. | \$20 members;

\$25 non-members

This event will sell out. Please register online in advance to get a seat.

What special qualities do we need to face today's challenges? How can we truly protect ourselves and others? Join us for answers to these questions in this special workshop with internationally-renowned Buddhist monk and teacher, Gen Kelsang Togden. Get inspired to act more kindly, generously patiently, joyfully, mindfully, and wisely. Then bring enormous relief and transformation into the world.



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