

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

July / August 2017

SUNDAY CLASSES

Clarity of Mind

10 - 10:45am | \$5

Deep inner peace through concentration.

The Preciousness of the Liberating Prayer (July 2)

11:30am - 1pm | \$15

Verse-by-verse contemplations and mini-meditations on the Liberating Prayer.

Refuge in the Three Jewels (July)

11:30am - 1pm | \$15

Delve into the powerful and enriching practice of going for refuge to Buddha, Dharma, and Sangha.

Dealing with Anger and Frustration

(August) 11:30am - 1pm | \$15

Learn how to respond with patience to daily disturbances.

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

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

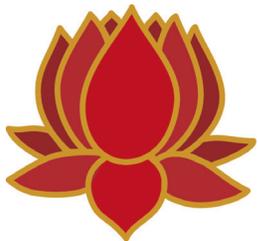
Tuesdays | 7 - 8:30pm | \$15

Through practicing the instructions presented in Geshe Kelsang Gyatso's latest book, we can transform our life from a state of misery into one of pure and everlasting happiness.

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

Meditation for Beginners

July 1 | 11:30am - 1pm | \$15

Aug 12 | 11:30am - 1pm | \$15

If you are new to meditation, please join us for one or both of these introductory class.

Mantras and Malas with special guest teacher Gen Kelsang Tsoglam

July 15 | Sat. | 10am - 1pm | \$25

Mantra recitation pacifies negative thoughts that give rise to suffering and thereby can help us attain a peaceful mind. Learn the traditional Buddhist technique for making a mala, a string of beads used for counting mantras. You can also bring your own prayer beads to repair. The cost includes instruction and the mala that you make during the class.



RETREATS

24-Hour Tara Retreat

July 7-8 | Fri-Sat. | **FREE**

First session begins 10PM on Friday, 2am, 6am, 10am, 2pm, 6pm

In this tradition, the 8th of every month is Tara Day. Tara is a female Buddha, whose name means "Liberator." If we rely upon Tara with strong faith, she will protect us from all obstacles and fulfill all our wishes.

Purity, Power and Prostrations: Confession Buddhas Retreat

July 22 | Sat. | 10am - 2:30pm | \$20

Through prostration practice we can purify and heal our body, speech and mind. Learn this beautiful traditional practice which both purifies negativity and builds positive energy.



SPECIAL EVENTS

World Peace Cafe

July 7 | Fri. | 7:30-10pm | \$10

Wind down from the week with a relaxing guided meditation and some helpful advice from Buddha. Stay awhile for tea and entertainment.

Nourish the Heart Silent Retreat

Aug 5 | Sat. | 10am - 3:30pm |

\$25 includes lunch, \$5 for members

This introductory silent retreat will include three guided meditation sessions on the healing power of cherishing others and how to develop a kind and patient attitude toward others. These meditations increase our love and compassion for others, nourish and protect our own heart, and energize us to benefit others.