

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

September / October 2017

SUNDAY CLASSES

Clarity of Mind

10 - 10:45am | \$5

Deep inner peace through concentration.

Transform Your Life Through Meditation (September)

11:30am - 1pm | \$15

Learn to build a steady and reliable
meditation practice.

Developing the Confidence to Love Fully (October)

11:30am - 1pm | \$15

Explore Buddha's teachings on pure love.

Meditation for Kids and Teens

11:30am - 1pm | \$3 kids / \$7 teens

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

Beginning Thursday, Sept. 14, 2017

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.

Embracing Change

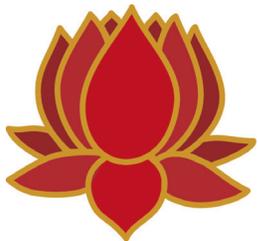
Tuesdays | 7 - 8:30pm | \$15

In this series we will explore Buddha's
teachings on impermanence. Familiarity
with this basic truth helps us develop a deep
acceptance, a sense of peace, and the ability
to fully engage in the unfolding of our lives.

Clarity of Mind

Wednesdays | 7 - 8pm | \$10

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



meditationonlongisland.org

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EVERYONE WELCOME! KADAMPA MEDITATION CENTER LONG ISLAND IS A NOT-FOR-PROFIT 501©(3) ORGANIZATION. IF YOU BENEFIT FROM THE TEACHINGS AND THE COMMUNITY AT KMC-LI, PLEASE CONSIDER JOINING US AS A SUPPORTING MEMBER. ASK AT THE FRONT DESK OR EMAIL US AT **INFO@MEDITATIONONLONGISLAND.ORG**



WORKSHOPS

Overcoming Anxiety

Sept 16 | Sat. | 11:30am - 1pm | \$15

Meditation is the perfect antidote for countering the unwanted effects of anxiety.

Torma Making Workshop

Sept 17 | Sun. | 2pm - 5pm | FREE

Meditation for Beginners

Sept 23 | Sat. | 11:30am - 1pm | \$15

Oct 14 | Sat. | 2pm - 3:30pm | \$15

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

The Challenge of Change

Oct 28 | Sat. | 10am - 1pm | \$20

Explore Buddhist views of change and how to relate to change in new, productive ways.



RETREATS

Letting Go of the Past: A Silent Retreat in Four Sessions with Gen Samten Kelsang

Oct 21 | Sat. | 9:30am - 8pm |

\$55 non-members / \$30 members includes two meals

We often have trouble letting go of painful events in our past and this affects the way we respond to our current life situations. Through training in mindfulness and meditation we can illuminate the real source of pain and difficulty within our minds and finally release it completely, leaving us with a tremendous feeling of relief and joy. Learn practical methods to let go of the past through this four-session silent retreat. Participants must attend all four sessions.



SPECIAL EVENTS

FREE Family Open House

Sept 10 | Sun. | 11:30am - 1pm |

9/11 Remembrance Meditations

Sept 11 | Mon. | 8:15am, 12pm, 7pm

Radiating Loving Kindness: The Blessing Empowerment of Buddha Maitreya

Oct 1 | Sun. | Empowerment 11am |

Commentary 2:30pm - 4pm |

\$55 non-members / \$30 members includes lunch and sadhana

LI Fall Festival 20-Minute Meditations

Oct 7 | Sat. | 11am - 5pm | FREE