****Meditation Retreat with Anam Thubten

Date & Time

Location

There are three important aspects of meditation: mindful attention, open awareness and lovingkindness. By practicing these, we can let go of negative mental patterns and expand our heart and mind, bringing about joy, peace and inner freedom. Anam Thubten will teach and guide participants in developing these three aspects of meditation and share Buddhist wisdom on working with our thoughts and emotions.

**Cost:**

**Register:** [insert webpage]

**Questions:** [insert contact person’s info]

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*Dharmata Foundation*