



In the stillness and silence of meditation, we glimpse and return to that deep inner nature that we have so long ago lost sight of amid the busyness and distraction of our minds.

-Sogyal Rinpoche, The Tibetan Book of Living and Dying

Finding Peace

An Introduction to the Practice of Meditation

This course offers an opportunity to learn methods of meditation that are simple yet powerful and profound. They can be practiced by anyone, and are extremely effective for bringing inner strength, peace, compassion, and understanding into your life. Video teachings by Sogyal Rinpoche, instructor presentations, guided practice and interactive exercises are combined to offer a supportive atmosphere for establishing a stable practice and integrating the teachings into daily life.

Four Tuesday evenings, March 2 - 23, 7:00 - 9:15 pm

Open to everyone

Course Fee: \$65 + \$15 for manual; no fee for All-in-One subscribers

No one is ever turned away for lack of funds

For further information or to reserve a space, please email: rigpaRSVP@yahoo.com or call (415) 777-0052.



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