

NYINGMA INSTITUTE

Healing Body, Mind and Spirit

Finding Inner Peace through **Meditation, Movement, and Mantra**

Free Classes March 14–18, 7–8 PM

These free classes are designed to increase inner peace and release tension.

Each class will highlight movement and sitting practices that provide tools to break free of stress and deepen meditation. Everyone is welcome to attend the entire series, or to drop-in on any class session.

Monday, March 14, 7–8 PM:

Meditation, the Key to Inner Peace
Instructor, Ken McKeon

Tuesday, March 15, 7–8 PM:

Cultivating a Loving Heart
Instructor: Olivia Hurd

Wednesday, March 16, 7–8 PM:

Tibetan Yoga: Movement as Meditation
Instructor: Jack van der Meulen

Thursday, March 17, 7–8 PM:

Mantra: Healing Sound
Instructor: Mark Henderson

Friday, March 18, 7–8 PM:

Gentle Techniques for Releasing Stress
Instructor: Santosh Philip

