



Harmony Path School of Massage: 20950 Center Ridge Rd., Rocky River, OH 44116 (440) 333-6633  
[www.harmonypath.org](http://www.harmonypath.org)

## MEDITATION

Sundays, Jan 25 - Mar 22 10 am - 11:30 am Fee: \$150

Learn why meditation is important, how to meditate, and receive basic Buddhist teachings using Yongey Mingyur Rinpoche's delightful book as a guide. In this course we will explore the theory of meditation as well as practice various forms of meditation including Mindfulness of Breathing, Walking Meditation and analytical meditations on Impermanence, the Joy of Being Human, and more.

Newcomers and experienced meditators all welcome. This class offers an opportunity to learn meditation right from the beginning and also to deepen your own current practice and knowledge of the Buddhist path.

Text: The Joy of Living by Yongey Mingyur Rinpoche

*Ani Palmo Rybicki, a native Clevelander, has been practicing Buddhism for twenty years, and has been an ordained nun in the Tibetan Buddhist tradition for the past fourteen years. She is the Director of the newly formed Songtsen Gampo Buddhist Center of Cleveland. Find out more about Palmo and her courses by visiting [www.anipalmo.org](http://www.anipalmo.org).*

### CONTACT

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