



"Contentment is the greatest wealth,
Liberated mind the greatest "bliss."
The Buddha, v204, Dhammapada

AWAKENING HEART, MIND & BODY CLASS

8 Thursdays, Sept 15 - Nov 17th, 6-8pm

Bodhi Mind Center, 20 Mesa Rd, Suggested Donation: \$105

Registration & Scholarships: recktenwaldkaren@gmail.com

- Allow Meditation, Kindness & Neuroplasticity help you
- Rest in Awareness and accept what can't be changed, like life situations and other people...
 - Manage relationships with difficult others, difficult parts of yourself, painful thoughts and physical pain
 - Observe changing sensations, thoughts, emotions
 - See yourself as integral part of this amazing universe instead of a self-improvement project!