



GADEN SAMTEN LING

**TIBETAN BUDDHIST
MEDITATION SOCIETY**



Seeds of Happiness Children's Meditation Program

BREATHING ROOM



INTRODUCTION TO MEDITATION FOR TEENS

Mondays 7-8 p.m.

September 18-November 13, 2017

The mental and physical health benefits of meditation for youth have been well established. Join Kushok and Gillian to learn the basics of how to meditate, why it's important, and how to make it the best part of your daily routine. New and returning students welcome. All materials provided. Please go to our website for more information and to register.

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