



Learning to relax with the goodness in our hearts, we will become more skilled at recognizing it everywhere else.

—Sakyong Mipham
The Shambhala Principle

THE PHILADELPHIA SHAMBHALA MEDITATION CENTER

WELCOMES YOU TO PEACE DAY PHILLY 2013!!

Sunday, September 22, 2013.
9:00am until 12 Noon
2030 Sansom Street, 3rd floor.

*Stop by and enjoy a cup of tea and a snack.
Learn to meditate.
Ongoing tours and discussions will be
available.*

This is a chance to learn more about meditation, specifically mindfulness/awareness meditation, in a relaxed, quiet environment. And it is also a chance to meet neighbors and friends to discuss the meaning of peace, how we foster peace in ourselves and how we create a culture of kindness. The Shambhala Center has many programs and classes for the people of Philadelphia including weekly open meditation, a monthly Open House, Learn to Meditate programs and many more trainings and classes. Meditation instructors are available to everyone that is interested.

We look forward to meeting you!

philadelphia.shambhala.org - 2030 Sansom, 3rd floor, Philadelphia 19103 - (215) 568-6070