



Karuna Arts Yoga

Meditation Classes Tuesday Evenings in Burien

6:30-8:00 pm

New Location: 819 SW 152nd St. Burien WA

Join us for a guided meditation, Dharma talk, discussion, and refreshments. Each class is self contained, drop in to any class or attend a series. \$10 per class, \$5.00 low income. No one is turned away due to lack of funds.

Unwind the Mind: Meditation Techniques

August 21, August 28, Sept 4--no class, Sept 11

Our minds are so busy all the time. We are constantly thinking, often multitasking, and we don't know how to slow down. Buddha taught simple but powerful techniques to help control our minds. We can actually learn to rest our minds. By doing this we can gain a sense of spaciousness and inner peace that we can take with us throughout our day.

Happiness from a Different Source

The Mind, Karma, Rebirth, Death, and Life

Sept 18, Sept 25, Oct. 2, Oct 9, Oct 16, Oct 23, Oct 30

The Power of Love

Nov. 6, Nov. 13, Nov. 20--no class, Nov. 27

The Perfection of Giving

Dec. 4, Dec. 11, Dec. 18

We will study the book Transform Your Life by Geshe Kelsang Gyatso. We will cover the Buddhist understanding of the mind, rebirth, karma, and the real meaning of life. By gradually trying out these concepts in meditation and in our lives, we can see how happiness can come from within our own hearts, independent of external circumstances.