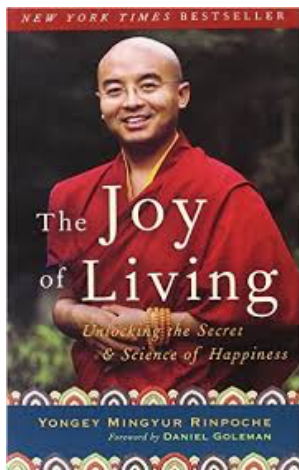


# Calming the Mind

## Joy of Living 1 Meditation Workshop



Explore the landscape of our experience in this weekend workshop. Featuring video teachings by Mingyur Rinpoche, author of the New York Times bestseller *The Joy of Living: Unlocking the Secret & Science of Happiness*, and led by Tergar Senior Instructor Myoshin Kelley.



Learn how to use the body, sensory experiences, thoughts, emotions, and even awareness itself as supports for meditation.

This weekend is suitable for people of all faiths, as well as both beginning and experienced meditators.

**Friday, September 29, 7 pm — 9 pm**  
**Saturday, September 30, 9 am — 5 pm**  
**Sunday, October 1, 9 am — 5 pm**

### **Location**

Dominican Sisters of Houston  
6501 Almeda Road  
Houston TX 77021

### **Cost**

\$75 — \$175 sliding scale

### **Contact**

Justin and Eva, [houston@tergar.org](mailto:houston@tergar.org)

### **Register**

[tergar.org/events](http://tergar.org/events)

