

Transformative Meditation

With **Khenpo Namchak Dorji,**

A Buddhist Teacher from the Himalayan Country of Bhutan

Meditation Topics:

1. **Calm Abiding Meditation:**
Techniques for maintaining a calm and peaceful mind.
2. **Analytical Insight Meditation:**
Methods for developing deeper wisdom and understanding of all the phenomena

Discover meditation practices that cultivate love, compassion, and joy, while reducing stress, anxiety, and loneliness. Begin your journey to a mindful, fulfilling life and spiritual well-being.

Half Moon Bay Library
620 Correa St.
Saturday, September 14
2PM to 4PM
everyone welcome to this
free event



For the event details, contact: longnyinggon@gmail.com
For the teacher's detailed bio, check in the website: <https://heartessence.org>