

# Finding Happiness in the Western World ...A Mindfulness Meditation Workshop

with *Bhante Sujatha*

Presented by: *avani yoga*

& Highland Park Hospital Health and Fitness Center

**Friday, February 10th 2012 6pm-8pm**

**In this 2 hour meditation workshop, Bhante Sujatha will teach and guide us with techniques taught by the Buddha 2500 years ago.**

## **This session will include:**

- An Introduction—What is meditation and why?
- Sharing love, kindness and closeness.
- Instruction on Meditation posture—Mindful breathing, techniques of concentration, and the opening of one's wisdom eye.
- Group Discussion—Time for questions and answers

**Practicing meditation helps us learn how to live with a deeper awareness, bringing peace, clarity and happiness to our lives.**



## **Your Presenter: Bhante Sujatha**

Bhante is a Buddhist monk of some thirty years, originally from Sri Lanka. He is the head monk at the Blue Lotus Temple in Woodstock, IL and has taught around the globe to people wishing to learn the art of happiness and contentment through meditation. His approach to meditation is easy going, ensuring that everyone can easily understand Buddhist teachings.

A pleasure to be around, he knows the indescribable joy and peace to be found in silence.

**Bhante believes his purpose is not only to teach meditation but also  
“teaching people how to be happy”**

For more information go to [www.bluelotustemple.org](http://www.bluelotustemple.org)

**Pre-Registration Required; To register call (847) 229-0292 or visit front desk**

**Fee: \$25**

For additional information please contact Nickie Silk at [NSilk@powerwellness.com](mailto:NSilk@powerwellness.com)

Avani Yoga is located in the Highland Park Hospital Health and Fitness Center

1501 Busch Parkway, Buffalo Grove, IL 60089

[www.avaniyoga.com](http://www.avaniyoga.com)

Register Code:



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