



Meditation workshop—
Learn basics meditation skills
Such as
meditation breathing methods,
concepts, walking,
silent illumination, etc.

Room 212 Spiritual Center,
Penn State University
Registration Website:
<http://ddmbapa.org>

Registration Fee: \$10

MEDITATION

Learn to Settle Your Mind. Maintain a Constant Silent Awareness

By Venerable Chang Wen

3.23.2013 10am--3pm



Buddhist Association of Central Pennsylvania

Dharma Drum Chan Association

Dharma Drum Mountain Buddhist Association, Pennsylvania Liaison