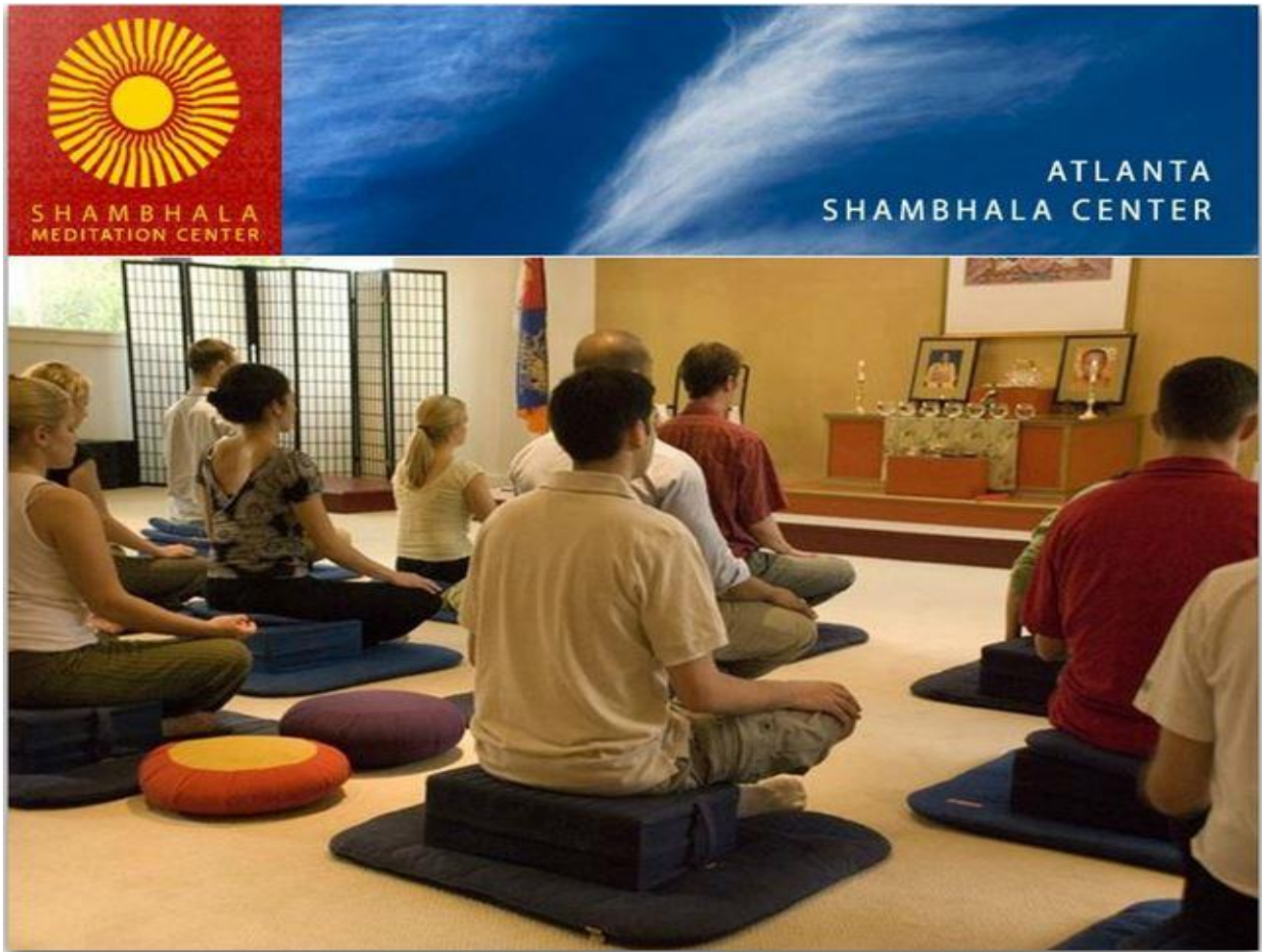


# LEARN TO MEDITATE WORKSHOP



The Shambhala Meditation Center of Atlanta is part of an international community of more than 170 meditation centers founded by Chogyam Trungpa Rinpoche and now led by Sakyong Mipham Rinpoche. The Center is located at 1447 Church Street in Decatur, offers meditation instruction and introductory talks on Tuesdays and Sundays, free of charge.

The local Atlanta Centers for Spiritual Living and the Shambhala Meditation Center of Atlanta are partnering to bring you this Learn to Meditate Workshop. An authorized Atlanta Shambhala meditation instructor will give detailed instruction and guided meditation, to provide you with all the tools necessary to create a daily practice. This workshop is ideal for beginners and students on all spiritual paths, wanting to strengthen their meditation technique. This workshop is open to all members, practitioners, and ministers of the local Atlanta Centers for Spiritual Living.

**Saturday - April 11, 2015**

**10:00 AM - 1:00 PM**

**Price: \$50**

**Register Online: [atlanta.shambhala.org](http://atlanta.shambhala.org)**

For additional question please contact: **Apriel Jessup, RScP** via email – [apriel.jessup@gmail.com](mailto:apriel.jessup@gmail.com) or  
Cell phone 770-990-3489.