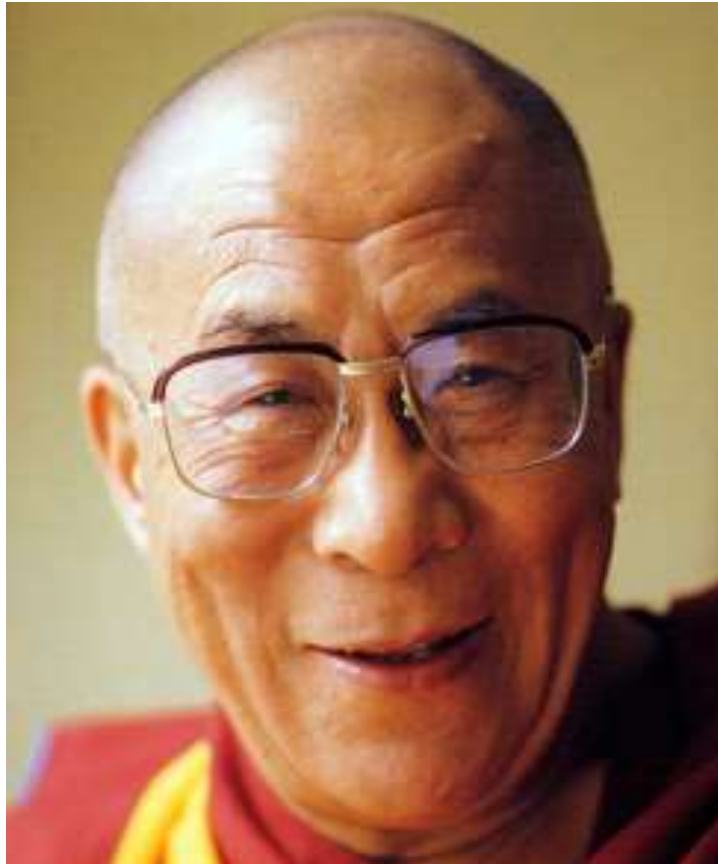


# Why is this man smiling?



Learn to meditate and find out.

## **INTRODUCTION TO MINDFULNESS MEDITATION**

Date and Time: Wednesdays 6:30 pm. – 8:00 pm., **Feb 7 – March 14**

Location: Show Me Dharma, 1600 W. Broadway, Columbia, MO

Cost: This class is offered on a Dana (voluntary donation) basis

Mindfulness meditation, or vipassana, is a 2500 year-old Buddhist practice that can benefit every aspect of your life. Vipassana can help you relax, cope with work and family stress, deeply heal your emotional life and lead you to spiritual freedom.

The class will be taught by Terry Furstenau. Each class will consist of a talk, meditation practice, and group discussion. This class is taught on a donation basis.

**To register, contact Terry at 660-248-1770 or email to [tfurstenau@gmail.com](mailto:tfurstenau@gmail.com).**