



TERGAR MEDITATION GROUP

Are you interested in learning to meditate? Do you already meditate and are interested in practicing in a community? If either of these are true, please join us for our weekly meditation group. Based on the teachings of Mingyur Rinpoche, this community-oriented group focuses on practices that are easily implemented into our everyday lives and require no religious affiliation. No prior experience necessary.

WHERE: FIRESIDE ROOM, 1ST UNITARIAN UNIVERSALIST CHURCH 5200 FANNIN ST, HOUSTON, TX 77004

- ▶ **PARKING: ON THE STREET OR IN THE WHITNEY BANK PARKING LOT, NORTH OF THE CHURCH**

WHEN: EVERY THURSDAY FROM 7:00-8:30 PM STARTING JUNE 2ND, 2016

COORDINATORS: EVA KAUPPILA AND JUSTIN KELLEY

CONTACT: HOUSTON@TERGAR.ORG

COST: BY DONATION



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For more information on Mingyur Rinpoche's teachings, please visit:
www.tergar.org