

# Meditation Class

Now Enrolling

**Dates:**

Every other week's Saturday

May 15, 29

June 12, 26

July 10, 24

**Time:**

from 10:00 am to 11:30am

**Objectives:**

Guide Practice of

Relaxation

Improve Concentration

Relieve Stress

**Content:**

- *Yoga Exercise*
- *Meditation*
- Difference between concentration (*samatha*) and clear observation (*vipassana*)
- Introduction "The Essence of Buddhism"

**Methods:**

Meditation, instruction, and inquiry

At every class session:

- Please wear comfortable clothing (such as sweat pants, not jeans).
- Please bring a large, white bath towel to cover your knees.

Class Size: 30 students (pre-registration required)

Course Level: Beginner to Intermediate

Location: Fo Guang Shan St. Louis Buddhist Center

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Email: [fgsstl@gmail.com](mailto:fgsstl@gmail.com)

Zen! 禪 !

