



# PUBLIC MEDITATION PRACTICE IN TIBETAN BUDDHIST MEDITATION

Beginning-level to experienced meditators welcome! Public meditation practice group with guided instruction, Dharma talk and discussion with Lhoppon Rechung.

MIPHAM SHEDRA  
2860 BLUFF ST  
BOULDER, CO  
303-449-0319

**5:30 TO 7:00 PM EVERY SUNDAY**