**MEDITATION HOUR AT THE HEALING GARDENS**

**With Bhante Bhaddiya**



Join Bhante Bhaddiya, Buddhist monk from Sri Lanka for a one-hour event surrounded by the beautiful Healing Gardens at Stonehill Farm in St. Charles. Bhante will teach a loving kindness meditation, walking meditation in the gardens and an inspirational Dhamma talk.

DATE: SUNDAY AUGUST 12

LOCATION: 37W249 Dean St., St. Charles 60175

TIME: 2:00-3:00 (following 1:00 Yoga class with Nancy May)

Fee: $10 suggested donation for meditation Contact Nancy May to reserve your space for yoga and/or meditation 815-319-3500