



MINDFULNESS AND MEDITATION - 2018

Monthly Guided Meditation & Discussion with monks from MN Buddhist Vihara

LOCATION:

SPIRIT OF PEACE UCC 6509 - South Cliff Ave, Sioux Falls, SD 57108

TIME: 6PM - 8PM

DATES:

February 25

March 25

April 22

May 13

June 24

July 29

August 19

September 16

October 14

November 04

ALL ARE CORDIALLY INVITED

to come and practice meditation with us in order to cultivate spiritual energy and to experience inner peace and happiness.

Real peace, real harmony comes from a calmed and meditative mind.

-BUDDHA

SOUTH DAKOTA BUDDHIST VIHARA is a part of Minnesota Buddhist Vihara and its mission is to share the beautiful teachings of the Buddha to create inner peace and harmony within and surrounding. It is open to all faith traditions and culture.

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