

Mindfulness Meditation Class

Practicing meditation helps people to eliminate anger; to suppress negative thoughts; to cultivate wholesome mental quality; to experience internal joy and happiness; to develop mindfulness of mind and body. During this event, a systematic approach for walking and sitting meditation will be introduced by Ven Dhammadipa. The beginners and seasoned practitioners are both welcome.

February 5 (Sunday): 9:30 - 11:30 AM & 1:30 - 4:30 PM

Oriental Culture Institute

15 Cottage Avenue, 5th Floor

Quincy, MA 02169



Venerable Dr. Dhammadipa, Abbot of Chuang Yen Monastery at Carmel, NY is known for his solid background on Buddhist teachings, extensive experience on meditation, and humorous lectures on practical applications of Buddhism in daily life. He was ordained as a monk in the tradition of Theravada since 1987. Travelling far and wide, for meditation techniques as well as for widening his horizons, he has lived and trained in countries such as Taiwan, Malaysia, Sri Lanka, Thailand, Myanmar, India, Europe etc.

Contact: 1-617-953-2822 Mrs. Linda Law

Class is free, Donations are welcome