

Lojong:

developing the good heart



The Yoga of Love

A Valentine's Season Special Program. Come for gentle yoga and a Buddhist talk on Lojong: 7-point mind training. We will develop our sense of compassion for all beings by learning a new perspective and meditation that can be practiced anywhere, anytime.

February 5, 1 – 3 PM

Integrated Peace Arts, 305 Central Avenue, Suite 2, White Plains NY

Suggested donation: \$15

Teacher: Jnanaprabha
Jennifer Bobbe

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for more info