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**Practices for Inner Peace  
in Longmont**

dedicated to sharing a variety of contemplative  
practices to promote inner peace  
within the community

# A Day of Meditation

cultivating kindness and compassion for all

Date: Saturday, March 10, 2018

Time: 9:30 a.m. – 4:00 p.m.

Location: The Meditation Place

324 Main Street, alley entrance from public parking lot on Kimbark St.  
between 3<sup>rd</sup> and 4<sup>th</sup> Avenues

## All Welcome

Drop in or stay all day - Experience various forms of meditation

9:30-10:15 Cliff Clusin, *Director, The Meditation Place and Prairie Mountain Zen Center,*  
with the Lotus Blossom Sangha

10:20 -11:05 Transmission Meditation

**11:15-12:15 Speaker and discussion: Carol O'Dowd,**

*MPA, M.Div., MI, Registered Psychotherapist, Jodo Shinshu Buddhist Priest*

**“Simple Practices from Shin Buddhism for Managing Stress in Modern Life”**

12:15-1:00 Brown bag lunch - bring your own or buy at event for \$7

1:00-1:45 Crystal Singing Bowls, presented by Christina Hildebrandt

1:55-2:40 Unity Longmont Spiritual Center, *dava money*, Leader

2:45-3:30 Longmont Shambhala Meditation Group

3:35-4:00 Meditative Movement, *dava money*, creator of The Authenticity Series

Suggested Free Will Offering \$10 (no one turned away)

Tea and water will be provided.

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