Drikung Dharma Surya Center 5300 Ox Road Fairfax VA 22030 703.273.5189

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## **MEDITATION**

## CALM-ABIDING SHAMATA INSIGHT VIPASSANA

TEACHINGS, INSTRUCTIONS AND PRACTICES

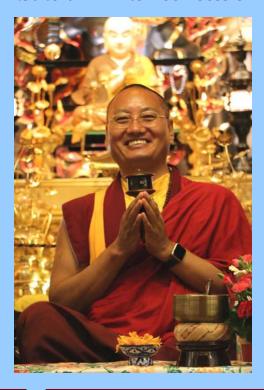


VENERABLE KHEN RINPOCHE SAMDUP SATURDAY and SUNDAY FEBRUARY 16 & 17, 2019

10 AM to 12 Noon Morning Session 12 Noon to 1:30 PM Lunch Break 1:30 to 4 PM Afternoon Session



Body Meditation
7-Point Posture of Vairochana
Watching the Breath
Visualization of Objects
Mind Meditation
Analytical Meditation
Non-conceptual Meditation
Faults of Meditation



Samsara
Bodhichitta
Samadhi
Relaxation
Cutting Through
Letting Go
Increasing Effort
Nirvana
Selflessness
Bliss
Emptiness

Registration at the door \$30 each day/ \$50 both days No one turned away for lack of funds For more information please contact: drikungdharmasurya@gmail.com Tri Bui: 703.926.1423

Lance David Bergerson: 443.794.5560