

Change the Seasons, Change Your Mind

with Buddhist Nun, Amy Miller
(co-author of *Buddhism in a Nutshell*)

April 12-14

Welcome the spring with this contemplative overview of Tibetan Buddhist philosophy. Learn how to get your own meditation and mindfulness practice started or invigorate an already existing practice.

Open to all levels of students.

\$125 per person includes all meals and shared accommodation.



Ven. Amy Miller is the director of Milarepa Center in Barnet, Vermont, and has been a nun in the Tibetan Buddhist tradition since 2000. She is the co-author of *Buddhism in a Nutshell* and is happy to help people connect with meditation and mindfulness in an effort to gain a refreshing perspective on normally stressful living.



Ven. Amy Miller

FOR MORE INFORMATION AND TO REGISTER ONLINE,
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