

Milarepa Center presents

Conquering Anxiety and Depression

October 5-7

with Ven. Amy Miller

Explore the triggers that darken your mind and learn exercises and meditations that can help you transform unhealthy patterns. Treat yourself to the beautiful autumn season, our stunning scenery, and a supportive and peaceful environment. Appropriate for all levels of students.



Early registration (through August 17): \$125 per person, includes shared accommodation and all meals. After August 17: \$175. Private cabins available.

Milarepa Center also offers meditation courses, retreats, and healing practices in serene beauty. Cabins, camping, group rentals, work study, and family camp are available. For details on all of our events and programs, please visit our website at:

www.milarepacenter.org