

Practice Days

The Four Foundations of Mindfulness

NOVEMBER 9

9:30am – 4:00pm

Overcome negative patterns of thought and behavior and learn mindfulness techniques that can help you cultivate more positive habits.

Changing Your Mind: Thought Transformation as Daily Practice

NOVEMBER 23

9:30am – 4:00pm

An ideal day for those wishing to integrate spiritual practice into the hectic pace of life in the 21st century.

\$20 includes lunch.

Please register in advance by calling:

802-633-4136

**with Ven.
Tenzin Chogkyi**



Ven. Tenzin Chogkyi has been immersed in Buddhist study and practice since the early 90's and has completed several multi-year retreats. She is an excellent teacher who brings a tremendous amount of wisdom and practical application to her classes.

www.milarepacenter.org

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