

Inner Disarmament

ACCEPTANCE, FORGIVENESS, AND AWAKENING
in Challenging Times



This engaging series helps us reflect on our own inner challenges while offering practical antidotes of mindfulness and meditation.

**Tuesday Evening Series
with Ven. Amy Miller**

April 16, 23, and 30, 6-8pm

Hayes Room at the
Kellogg-Hubbard Library
135 Main Street
Montpelier, Vermont

Free.

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

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:

www.MilarepaCenter.org