

2010

TEEN'S

Ages: 12-16

DHARMA CAMP

August 16-18
(Mon-Wed, 9 AM - 4 PM)

MEDITATION

Tai Chi, Yoga, walking, Donjon breathing, Chanting, sitting, green tea, mindfulness.

Suggested Donation:
\$ 100-150



ACTIVITIES

cooking, journal writing,
Dharma discussion, games, and art projects.



Won-Buddhism Meditation Temple
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