



## **Goa Meditation Group Shamatha practice**

Hosts:  
Harish Rao

### **Meditation Instruction:**

The simple practice is based on a format, which is followed in the Shambhala Community

Total Duration:  
2 Hours practice

### Materials:

Enclosed Environment for instruction, on meditation cushion and / or chair.

- A) An Introduction to the “seated” posture, correct form, breathing and posture.
- B) Meditation Recorded Instruction by Sakyong Mipham Rinpoche
- C) Seated meditation, followed by Walking meditation
- D) Book Reading / Instructions
- E) Questions, feedback

### Schedule & Commitment:

- The meditation group is intended to encourage a dedicated daily practice of Shamatha meditation and reap the benefits of stable mind in all facets of life.
- Participants are encouraged to provide their email address to be included on the Goa Meditation Group email list.

Locations:

- The International Center, Dona Paula
- Private Group Instruction, Dona Paula
- Art Chamber, Calangute
- Art Escape, South Goa

Information:

Contact:

Harish Rao : 09225935960

Please contact for further information

Cost:

By Donation Only.

The knowledge provided by The Buddha, is knowledge for the benefit of all humanity to benefit, please give if whatever amount you feel is worthy of the instruction you have received, at your discretion. Your presence is the blessing of this instruction.