

正念無憂



日期/Date: 2015年6月24日/ June 24, 2015 星期三 Wednesday 7-9pm

地點/ Venue: West Windsor Arts Council

952 Alexander Road, West Windsor (可步行至火車站) (Walking Distance to Train Station)

講師 Speaker: 開照比丘 Bhikkhu Yuttadhammo

媒語 Language: 中、英雙語 Mandarin with English translation



Mindfulness *be free from misery*

聯絡人/Contact: Suki, dmcrotgers@gmail.com

座位有限。請及早報名: www.dmcrotgers.org

Seats are limited. Please register at www.dmcrotgers.org

費用/ Fee: 全免 Free.

主辦單位: Rutgers 大學學佛社 & 美國寂靜禪寺

Organizers: Dharma Meditation Community at Rutgers & Santa Monastery

* 請於 6:50pm 抵達入場。活動將準時開始 *

* Please arrive by 6:50pm. Workshop begins at 7pm *