AWAKENING OUR HEARTS AND MINDS

Join us for the third annual "Change Your Mind Day"

~ spiritual teachings ~ meditation ~ yoga ~ music ~

Saturday June 17, 2006

Admission Free—Donations Welcome

1:00 - 4:30 pm—Program
4:30 - 6:00 pm—Reception (Food to Share also appreciated)

St. Stephen and the Incarnation Church
1525 Newton St. NW
(Corner of 16th and Newton; 7 minute walk from the Columbia Heights Metro on the Green line)

Presenters include:

Tara Brach
Founder/Senior Teacher,
Insight Meditation Community of Washington

Khensur Rinpoche Lobsang Jampa
Tibetan Larampa Geshe; Resident Teacher,
Guhyasamaja Center, VA

Anh-Huong Nguyen
Mindfulness Practice Center, Fairfax, VA

Hugh Byrne
Co-founder, Washington Buddhist Peace Fellowship

Jonathan Foust
Mindfulness Training Institute of Washington, DC

Thu Nguyen
Mindfulness Practice Center, Fairfax, VA

Bhante Dhammasiri
Abbot, Washington Buddhist Vihara

WASHINGTON BUDDHIST PEACE FELLOWSHIP

Sponsored by the *Washington Buddhist Peace Fellowship*. For more information visit www.wbpf.org or contact cymd@wbpf.org.