

Sitting Meditation at Yoga Sutra



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The Shambhala Center and Yoga Sutra Present: “Learn to Meditate” with Carl Nardiello Begins Thursday, February 23rd 12:30 – 1:30PM

About the Program

Carl Nardiello is a student in the Shambhala Buddhist tradition for 19 years. He has practiced and studied the teachings of Chogyam Trungpa Rinpoche, and with his son, the Sakyong Mipham Rinpoche. He is a trained meditation instructor and teacher in that tradition.

He will teach a Learn To Meditate class presenting the instruction in Shamatha meditation (calm or peaceful abiding), which is the fundamental technique that comes down to us from the time of the Buddha.

To paraphrase the Sakyong Mipham Rinpoche: In Shamatha meditation we practice shifting our allegiance from the bewildered mind that causes its own suffering, to the mind that is stable, clear, and strong. We proclaim our desire to discover this mind of stability, clarity, and strength by learning to rest in our own peace.

Participants are requested to arrive on time and join us for this introductory class.

Where: Yoga Sutra (see above)

When: Begins Thursday, February 23rd and will be every four weeks thereafter with Shambhala

Cost: \$10 donation

Note: This is an ongoing class and Yoga Sutra plans to fill-in the other Thursdays of the month soon.