



## **friday night dharma study**

**7:00-9:00 p.m. weekly beginning Friday, October 23**

Join us for a 12-week series exploring the Four Immeasurables and how to integrate them into daily life. We will listen to audio teachings by Pema Chodron, discuss, and meditate.

## **introduction to buddhism**

**Sunday, October 25 • 3:00-5:00 p.m.**

Learn the basics that Buddha taught over 2,500 years ago. The word “Buddha” means “awake,” and the methods that he taught involve working with one’s own mind. They are not inherently religious and can be beneficial to all.

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### **For both events:**

All are welcome; no previous experience required. No set fee; contributions are welcome.

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Location: 1716A Linden Avenue in the Belmont/Hillsboro neighborhood of Nashville  
Rita Frizzell, director • (615-463-2374)

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