

# Mindfulness Meditation . . .

a workshop to tap your natural healing power

The College of Nursing and Health Innovation, in partnership with the Lotus Moon Meditation Center, is pleased to present an opportunity for you to connect with your natural healing power through the gentle guidance of Bhante Sujatha.



**"I believe in change rather than tradition, particularly when dealing with our fast-paced American culture."**

**—Bhante Sujatha**

*Practicing meditation helps us to learn how to live with a deeper awareness, bringing peace, clarity and happiness to our lives. Bhante Sujatha, an ordained Buddhist monk for 30 years, presents workshops that can help you draw from your inner power and wisdom. In this two-hour Meditation session, Bhante Sujatha will teach and guide with techniques taught by Buddha 2500 years ago.*

## when & where

### Friday, April 27

Three sessions offered: 9:00 a.m. – 11:00 a.m.  
11:30 a.m. – 1:30 p.m., and 2:00 p.m. – 4:00 p.m.

ASU College of Nursing and Health Innovation  
NHI-2 Building, 5th floor  
500 N. 3rd Street, Phoenix, AZ

#### The session will include:

- Introduction - What is Meditation and Why?
- Sharing love, kindness and closeness
- Instruction on Meditation Posture: mindful breathing, techniques of concentration, and the opening of one's wisdom eye
- Time for questions and answers

Practicing meditation helps us to learn how to live with a deeper awareness, bringing peace, clarity and happiness in our lives.

Each workshop fee is \$30 faculty/staff and \$10 for undergraduate students (five scholarships will be awarded for those students who express financial need).

Space is limited. Advanced registration required.

To register, please call:

**602.996.6395** or email  
**[avanslyck@cox.net](mailto:avanslyck@cox.net)**

Wear comfortable clothing. Bring a water bottle, yoga mat and meditation cushion if you have one.