

**Mindfulness Meditation**  
with  
**Dr. Celine Daly**  
on  
**THURSDAYS\***  
**7:00-8:00PM**  
by donation

\* Check website schedule for dates



In mindfulness meditation, we bring our attention to the present moment and become aware of how we relate to our experience. Using a range of Buddhist meditation techniques, we will learn how to stay centered and open-hearted amidst the ups and downs of daily life. Group practice is a helpful support for developing and maintaining a daily meditation practice at home. Practitioners of all levels are welcome.

*"In meditation, you take an unbiased approach.  
You let things be as they are, without judgment,  
and in that way you yourself learn to be."*  
- Chogyam Trungpa Rinpoche

**Dr. Celine Daly** is a physician and certified yoga instructor in the Sivananda tradition. She has been practicing Buddhist meditation for over 30 years in the Thai Theravada and Tibetan traditions. After her first retreat with the revered Thai teacher, Buddhadasa Bhikkhu, she sat several retreats with the Insight Meditation Society in Massachusetts and Gaia House in England where she completed a 100-day personal vipassana/mindfulness retreat. More recently, Celine has studied extensively in the Tibetan tradition, receiving Vajrayana teachings from H.H. 41st Sakya Trizin and Dzogchen teachings from Tenzin Wangyal Rinpoche. She is currently enrolled in the 3 Doors Academy, an intensive 3-year program of self-reflection and meditation founded by Tenzin Wangyal Rinpoche.



**Sacred Spirit Yoga and Healing Arts Center**  
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