

Seattle Buddhist Center

# BODY DHARMA

Sunday, July 1, 2018, 10:00-4:00 (gather at 9:45)

Led by Advayamati



Develop openness, clarity & sensitivity.

Experience meditation through the body.

Explore energy and body wisdom as a gateway to greater calm, peace, awareness and flow.

**body dharma** is a practical application of inter-connectedness, mindfulness & loving kindness integrating the body through movement, vitality and sense of fun!

Wear suitable clothing for meditation and movement.

Vegetarian potluck or bring your own lunch. Suggested donation is \$40, everyone is welcome regardless of ability to donate.

**Advayamati** is based in the UK and has been involved with buddhism, meditation, chi gong, yoga and shiatsu for over 30 years.