

Kadampa Meditation Center **California**
Los Angeles



Busy Life, Peaceful Mind
MAKING EVERY DAY MEANINGFUL

www.MeditateInLA.org



new classes

Busy Life, Peaceful Mind Making Every Day Meaningful

The real source of happiness is inner peace. If our mind is peaceful we will be happy all the time, regardless of external conditions. Through continuing to improve our peace of mind through spiritual practice — engaging in actions of giving, considering others, patience, effort, concentration and wisdom — we shall eventually solve all our problems, find the happiness we long for, and accomplish the true meaning of our human life. Class fee: \$12.



Kadampa Meditation Center California (KMC CA)

1492 Blake Avenue, Los Angeles (near Silverlake)

With Gen-la Kelsang Dekyong

Wednesdays 7:30 - 9:30pm, starts May 14

Neighborhood Classes also available throughout Los Angeles at the following locations:

Beverly Hills

Beverly Hills Public Library
Tuesdays, 7:00 – 8:30pm
444 N. Rexford Drive

Chatsworth

Revive Yoga
Mondays, 7:30 – 9:30pm
23350 Lake Manor Drive

Claremont

Claremont Hughes
Community Center
Wednesdays, 7:00 – 8:45pm
1700 Danbury Road

Costa Mesa

Visions & Dreams
Sundays, 11:30am – 1:30pm
2482 Newport Blvd. Ste. 100

Glendale

Shoseian Whispering
Pine Teahouse
Sundays, 10:15 – 11:45am
1601 West Mountain Street
(In Brand Park)

Hollywood

LA Gay & Lesbian Center
Mondays, 7:30 – 9:30pm
1125 North McCadden Place
(One block east of Highland, 1/2 block north of Santa Monica Boulevard)

La Crescenta

Unitarian Universalist Church
Verdugo Hills (UUCVH)
Wednesdays, 7:00 – 8:30pm
4451 Dunsmore Avenue

Long Beach

Windhorse Theosophy Center
Sundays, 11am – 12:15pm
3145 East Broadway

Los Feliz

American Film Institute
Tuesdays, 7:30 – 9:00pm
2021 N. Western Avenue
(In Warner Bldg. Room #002A downstairs)

Pasadena

Neighborhood Church of
Pasadena
Mondays, 7:00 – 8:30pm
301 N. Orange Grove Blvd. (Room 23)

San Marino

Crowell Public Library
Tuesdays, 7 – 8:30pm
1890 Huntington Drive (Community Room)

Sherman Oaks

Valley Institute of Visual Arts
Mondays, 7:15 – 9:15pm
13261 Moorpark Avenue

Sherman Oaks

Rising Lotus Yoga
Saturdays, 7:00 – 8:30pm
13557 Ventura Boulevard

West Hollywood

Bodhi Tree Bookstore
Sundays, 10:30am – 12:30pm
8585 Melrose Avenue

Starts
May 19



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For more information call 323-223-0610.