

Brahma Viharas: [four-class course]

Class dates: February 10 and 24, March 10 and 24, 2014

New Class Description:

The Brahma Viharas are four practices that develop awareness and a caring, light-hearted approach to life and others. Please join me, Dan O'Brien, at the Caim Center on Mondays from 7:00 to 8:00 PM to develop calm, centeredness that cares for others while taking care of yourself.

Please bring several blankets (something substantial to support sitting on the ground) or your own meditation cushion to sit on. Adaptations to sit in chairs, as needed, can be arranged. Attend one or all of the sessions.

Cost and method of payment:

Class package: Four-Class set \$50.00.

Drop-ins welcome: \$15.00 each session.

Sign up for the Brahma Viharas class via email by going to:

www.japanseries.com

and writing to the instructor via the contact button.

*People are encouraged to reserve a spot ahead of time to ensure a place in the class, which will be confirmed when payment is arranged with the instructor.