



VISTA BUDDHIST TEMPLE

150 Cedar Road - Bldg. B, Vista, CA 92083

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Meditation Services

**1st & 3rd Wednesday of every month
from 7 - 8:30 PM**

Meditation Services consist of sitting meditation, standing or walking meditation, sutra chanting, short Dharma message, and discussion session.

Wear comfortable, loose clothing. You may sit on the floor or on a meditation cushion, or you may sit in a chair. Previous experience in meditation is not required.

There is no cost to participate. Donations are cheerfully accepted.

Preparation for meditation at 6:30 PM

Meditation is enhanced by mind-body coordination. Consider taking 20 minutes to prepare your mind and body for meditation by practicing very simple yoga-style stretching, calming, and focusing techniques. All techniques will be demonstrated and are performed either seated or standing. No special clothing is required.

