

Retreat focuses on daily meditation practice

Contributed by Editor
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HEALDSBURG – Heart Jewel is the daily practice of Kadampa Buddhists at the Compassion Kadampa Buddhist Center.

On Saturday, Jan. 17, the center's guided day retreat on “Entering the Heart” will provide deeper insight into how to have a deeper meditation practice.

The retreat sessions are 9 a.m. to 10:15 a.m.; 11 a.m. to 12:15 p.m.; 2 p.m. to 3:15 p.m.; 4 p.m. to 5:15 p.m.; and 7 p.m. to 8:15 p.m.

Each session will include an explanation of a particular aspect of daily meditation practices. Any or all of these techniques can be incorporated into your own practice.

Donations are \$10 per session or \$25 for the entire day.

For more information visit the Compassion Kadampa Buddhist Center's Web site at www.meditationinhealdsburg.org, email the center at info@meditationinhealdsburg.org or call 707-293-8096.

The Compassion Kadampa Buddhist Center is located at 120 North St., Healdsburg.

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