



## MONTHLY GUIDED MEDITATION & DHAMMA TALK

LOCATION: Schilletter - University Village Community Center, Ames, IA 50010

TIME: 9am - 11am

Monks from the Minnesota Buddhist Vihara will be coming to Ames on following days for 2016:

February 27 • March 26 • April 23 • May 14 • June 25  
July 23 • August 27 • September 24 • October 29 • November 26

*Everyone is warmly welcome to come and practice!*

Any free-will donation is accepted to help cover travel expenses for the monks.

Mission: The Iowa Buddhist Vihara is part of the Minnesota Buddhist Vihara and its mission is to share the Buddha's message of Peace and Happiness and help create peace and harmony within ourselves and in the surrounding world. It is open to people of all faith traditions and cultures.

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### Regarding event info, please contact:

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Organized by Meditation & Mindfulness Society of Ames | Sponsored by Iowa Buddhist Vihara