


GOLDEN DOOR
THE BOULDERS RESORT

Mindfulness Practice

Join Buddhist Monk, Bhante Sujatha
in two unique workshop sessions at the
Golden Door Spa at The Boulders Resort.

Saturday, November 7th 2pm-4pm
"Mindfulness Meditation"

Sunday, November 8th 8am-10am
"Healing Through Lovingkindness Practice"



Mindful Meditation — Sat, Nov 7, 2pm-4pm

In this 2-hr Meditation session, Bhante Sujatha will teach and guide us with techniques taught by the Buddha 2500 years ago. This session will include:

- ~ An Introduction — What is Meditation and Why?
- ~ Instruction on Meditation Posture — Mindful breathing, techniques of concentration and the opening of one's wisdom eye.
- ~ Group Discussion — Time for questions and answers
- ~ Sharing love, kindness and closeness

Practicing Meditation helps us to learn how to live with a deeper awareness, bringing peace, clarity and happiness in our lives.



Healing Through Lovingkindness Practice — Sun, Nov 8, 8am-10am

Connect with your natural healing power with the gentle guidance of Bhante Sujatha. This 2-hr session has been life-changing for many of its participants, regardless of religious background. The teaching is centered around the cultivation of healthy self love, for without healthy self love you cannot be fully present to love anyone or anything else.

This session will include:

- ~ Teaching — What is Lovingkindness?
- ~ Learning the Practice of Lovingkindness
- ~ A profound blessing of healing energy with each individual.

The benefits of this workshop are reduced stress and anxiety, healing and enhancing relationship with others, gaining a sense of empowerment over challenging issues in your life, insight into your life purpose, awakening to the present moment and attaining unshakable inner peace.



"I believe in change rather than tradition, particularly when dealing with our fast-paced American culture."
—Bhante Sujatha



Bhante Sujatha, a Buddhist monk of some thirty years, is originally from Sri Lanka. He is the head meditation monk at The Blue Lotus Temple in Woodstock, IL and has taught around the globe to people wishing to learn the art of happiness and contentment through meditation. His approach to teaching is easy-going, ensuring that everyone can easily understand how to properly practice meditation and understand Buddhist teachings. A pleasure to be around, he knows the indescribable joy and peace to be found in silence.

Bhante believes his purpose is not only to teach Meditation but also "teaching people how to be happy".

To register for one or both of these sessions, please call 480-595-3500. Each session is \$25. Space is limited for each session.

Please wear comfortable clothing.
Yoga mats will be supplied along with a limited supply of blankets and pillows.



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THE WALDORF ASTORIA COLLECTION™