



Zen & Mind Family

# Summer Virtual Basic Meditation Course

8-Week Course online with Ven. Thich Thien Tri  
Friday evenings • July 10, 2020 – August 7, 2020  
7pm–8:30pm CST (central standard time)

Mindfulness meditation helps us maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and can help to reduce stress and improve our overall well-being.

Donation for the course is \$150 (includes text book, syllabus and lessons for each week).

Donations may be made via PayPal or check. Please text or email Zen & Mind Family for more information at:

**zenandmindfamily@gmail.com • Call / text: 202-702-2857**

## ABOUT VEN. THICH THIEN TRI

In addition to his work at the Zen & Mind Family Center, he offers mindfulness classes at many different temples across the United States.

He has also taught mindfulness courses, been a guest lecturer, and led workshops at Xavier and Loyola Universities in New Orleans, LA.

