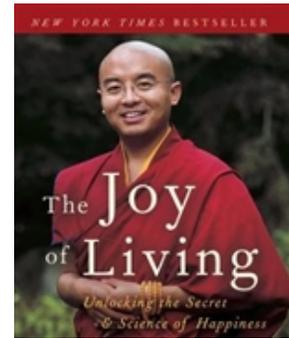


# The Joy of Living

September 12 - October 24, 2018, Wednesdays 7-8:30pm

Piedmont KTC Meditation Center, IFC Building, Carrboro NC



Starting September 12th, the Wednesday night study group will begin a 7-week practice/study sequence utilizing the Study and Practice Guide for Groups, a curriculum based on two books by Mingyur Rinpoche, *The Joy of Living* and *Joyful Wisdom*. This curriculum provides a structure and space for people to come together to meditate and discuss their practice, and that is designed to make the ancient practice of meditation *accessible* to the modern world.

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*Anyone interested in meditation may attend regardless of her/his religious and cultural orientation.*

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We will begin with a 4-week **Introduction to Meditation**. Using teachings from Mingyur Rinpoche's *Introduction to Meditation DVD*, these classes introduce participants to the relaxed, spacious approach to meditation taught by Mingyur Rinpoche.

This will be followed by the first module of the curriculum entitled "**The Practice of Open Awareness and the Breath**," a 3-week sequence.

We are very grateful to Mingyur Rinpoche and the Tergar Meditation Community for allowing us to utilize the curriculum, as well as for Ven. Khenpo Karthar Rinpoche's blessing to do so.

Each Wednesday night session will follow a 90-minute format that includes:

- guided meditations
- experiential exercises
- questions for discussion
- video teachings

We will continue our regular schedule, beginning at 7:00pm and ending at 8:30pm. We ask everyone interested in attending to arrive a few minutes before 7:00 so we have ample time to complete each session. Participants may want to have a personal copy of [The Joy of Living](#) which we will have for sale at our center or can be ordered from Namse Bangdzo Bookstore at Karma Triyana Dharmachakra ([namsebangdzo.com](http://namsebangdzo.com)).

These Joy of Living sessions are held on a drop-in basis and are offered without charge, though donations are welcomed. There are no prerequisites for attending these meditation classes.

We are located in the IFC building in Carrboro, NC. Our entrance is at the rear of the building, from the West Weaver Street side, parking between #201 and #203 W. Weaver St. See map at [www.piedmontktc.org/contact-us/](http://www.piedmontktc.org/contact-us/). For directions and for questions, please call 919-636-9108 or email us at [piedmont.ktc.info@gmail.com](mailto:piedmont.ktc.info@gmail.com).