法鼓山美國洛杉磯道場
Dharma Drum Mountain Los Angeles Center

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English Meditation Class

Learn the fundamentals of sitting meditation including proper bodily posture (sitting on a cushion or a chair), relaxation, and basic methods of concentration.

Date:7/20 & 7/27 (Two Sundays)

Time: 10am-4pm

Registration: Visit our website at **www.ddmbala.org** to sign up in advance.

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