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Hudson Valley Buddhist Vihara
and Meditation Center

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JANUARY

18

SUNDAY

Location

HUDSON VALLEY BUDDHIST VIHARA
AND MEDITATION CENTER
204 Plutarch Rd, Highland, NY 12528

PROGRAM SCHEDULE

- 08:45 - 09:00 Arrival & Registering
- 09:00 - 10:00 **Ānāpāna** (Mindfulness of Breathing)
Instruction & Meditation
- 10:00 - 11:00 **Ānāpāna** Meditation Practice
- 11:00 - 12:30 **Lunch Break**
- 12:30 - 13:30 Samatha Meditation - Instruction & Practice
- 13:30 - 14:00 **Vipassanā** Meditation
- 14:00 - 15:00 **Mettā** Meditation & Dhamma Discourse
- 15:00 - 15:15 Cleaning & Conclusion

Children and youth participation is highly encouraged.

May the blessings of the Triple Gem be with you!

Hudson Valley Buddhist Vihara and Meditation Center

Web: www.hvbuddhistvihara.net | [f](https://www.facebook.com/HVBuddhistVihara) HVBuddhistVihara
[@HudsonValleyBuddhistVihara](https://www.instagram.com/HudsonValleyBuddhistVihara)
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