



# Gentle Yoga Class & Compassion Meditation

with Bhante Sujatha & Jennifer

**Friday Nov 6**

**7-8:30 p.m.**

\$20 for Members

\$30 for Guests

Pay online and we will send the link for Zoom

\*All proceeds go to the annual incubator project

**-Join Jennifer for a 30 minute gentle yoga class followed by Bhante Sujatha for a meditation on compassion, a chant for healing for the final hour on Zoom!**

Bhante Sujatha will chant the Ratana Sutras, a 2600 year old chant the Buddha chanted for world-wide good health, healing and blessings.

We will come together as a spiritual community to set intention, let go of what is no longer serving us and clear the way for unconditional love from ourselves and others. A blessing is an attempt to contact and share that which is good, particularly in a divine sense. Our practice will include connecting with the force of goodness inside each of us and to invite this 'energy' into a particular situation to help the whole world.

Join Bhante Sujatha's blessing, meditation and prayer to experience the healing power of unconditional love and to receive well-wishes as you practice nobility and peace in this life. Bring your malas or any other items that you wish to be blessed.

## Benefits of Meditation:

- Reduced stress and anxiety
- Inner peace
- Empowerment over challenging issues in your life
- Finding your center
- Awakening to the blessings of the present moment
- Attaining unshakable inner peace

A Buddhist monk originally from Sri Lanka, Bhante Sujatha is singularly focused on adding more love in the world and teaching people how to be happy. Joyful, radiant, funny and wildly energetic, Bhante will help you obtain peace that can only be found in deep silence. He is the head monk/abbot of the Blue Lotus Buddhist Temple and Meditation Center in Woodstock, IL.