

Losing Our Appetite for Aggression

A new video teaching with

Pema Chödrön

Pema is a leading exponent of teachings on meditation as they apply to everyday life and is well-known for her charming and earthy interpretations of Tibetan Buddhism for Western audiences.

- **The program includes four talks by Pema and discussions**
- *Recommended for beginners and experienced meditators*



Dates: November 2, 16, 30, 2006

December 7, 14, 2006

Time: Thursday evenings at 7:00 pm

Suggested donation: \$5 per talk

**Shambhala Meditation Center of St. Johnsbury
Eastern Avenue – above Sunshine Boutique**