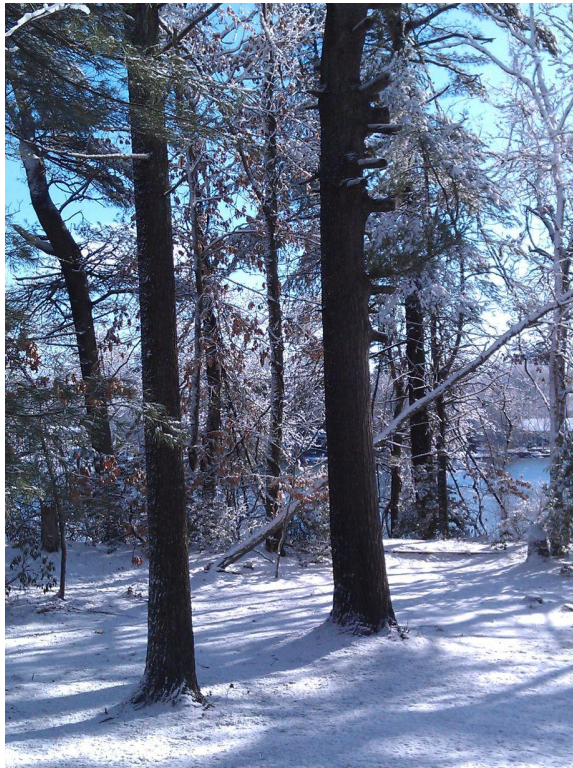


Training Towards A Joyous State of Mind
@Noon E.S.T. Most Days From
Saturday, 20 January to Sunday, 4 February

Join for the Meditative Chanting Stay for the teaching



Annual Training 2024
Kickstart your New Year by
committing to up to 2 weeks of
meditative chanting prayers, towards
a more joyous mind

- **Opening {wisdom} Period:** 1/20 - 1/24
~Chanting @6AM EST [for up to 25 min]
~Chanting @noon EST [for up to 25 min]
- **Middle {practical} Period:** 1/25 - 1/30
Email/Call for details 🙌🙌
~Meetings by arrangement
~Bowling Night (25th)
~Temple Visit (27th)
~Dinner (30th)
- **Closing {integration} Period:** 1/31 - 2/04
~Chanting @Noon EST [for up to 25 min]
~Chanting @7PM EST [for up to 25 min]
- Engage in a calming Buddhist Chanting Experience, while holding positive intentions

It's All Online (mostly)

1. **Zoom Link:**
<https://us02web.zoom.us/j/86202440966?pwd=N0FocWxhNkg5MG9CU2EyL3RsdXF2dz09> [OR] w.zoom.us/join |
Meeting ID: 862 0244 0966 |
Passcode: 8686
2. Zoom Dial In #: +1 646 876 9923 US
3. **Your Host's Name: Abra**
4. **Please use the Zoom Chat feature for your questions.**
5. [Ⓜ]While the offering of chanting is 20 - 25 minutes, the whole program is an hour. Feel free to join and stay or depart at any time.
6. **No need to share your name, audio or video, just your desire for the happiness of all sentient beings...including yourself!~**

- Other Meeting Times Are Available. Inquire at:

<https://joyousmindcommunitycoaching.com/contact-us/>