



# 2009

# Dhammakaya Meditation Classes and Retreats

*Dhammakaya International Meditation Center (DIMC)* offers classes and retreats on Dhammakaya technique of meditation. This technique has long been proved to be effective and easy to learn. It benefits everyone regardless of age, race, or belief. Generally, the results are reducing stress, enhancing memory and mental clarity, harmonizing the body and mind, and developing a calm, and peaceful environment for all.

## Five-Week Meditation Class for Beginners:

The class focuses on the introduction of Dhammakaya Meditation, through theory and practice. Students are required to attend this class twice a week (**Saturday & Sunday from 9:30 AM to 11:00 AM**) for five consecutive weeks. Activities include lecture, relaxation exercises, meditation, and discussion. Each week's lecture will cover the following topics

Week 1: Introduction / Nature of Mind and Body

Week 2: Dhammakaya Meditation Theory & Practice

Week 3: Hindrances and Success in Meditation

Week 4: Meditative Wisdom / Meditation and Science

Week 5: Meditation and Daily Life / Conclusion

**Classes offered:** to be announced.

## One-Day Dhammakaya Meditation Retreat:

It is an intensive meditation activity designed for meditators who want a more profound and continuous experience of inner peace. All retreats are on **Sunday starting from 9:30 AM to 3:30 PM**. The followings are schedules of "One Day Dhammakaya Meditation Retreat" for the year 2009.

**Retreat 1:** Sunday – February 15, 2009

**Retreat 4:** Sunday – August 16, 2009

**Retreat 2:** Sunday – April 19, 2009

**Retreat 5:** Sunday – October 25, 2009

**Retreat 3:** Sunday – June 21, 2009

**Retreat 6:** Sunday – December 13, 2009

## Wednesday Night - Meditation Club:

**Every Wednesday night, 7:00 PM – 9:00 PM**, Dhammakaya offers a meditation class for experienced meditators who want to gain more practice. The class includes about 30 minutes of Yoga exercise and 1 hour guided sitting meditation. Please join us, after your busy day! ... **Relax and focus your mind** ... Experience the inner strength of pure energy from within.

## Sunday Yoga and Meditation Club:

**The club's members meet on Sunday, 9:30 AM – 11:00 AM.** Yoga is professionally instructed by a certified Yoga expert, Ms. Mai Morris. After Yoga exercise, members meditate together under a close guidance of an experienced Dhammakaya meditation instructor. Activities will end with a short talk and positive sharing among the members. All walk-in participants are welcome to experience peace and joy of "Dhammkaya meditation."

## Cost:

Most classes are free. Donations are welcome. For further information, please contact:

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