

Meditation group (OM Movement Studio)



Location **Oregon**
<https://www.genclassifieds.com/x-565021-z>

The PDX Foundation for Active Compassion meditation group will be meeting on:

-the second Sunday (7/12) of the month from 10AM-11AM at Jade River Healing Arts Center, 7303 SW Beaverton Hillsdale Hwy, Portland, OR 97225











-the fourth Saturday (7/25) of the month from 10AM-11AM at Om Movement Studio, 14 NE 10th Ave, Portland, OR 97232

Guided meditations of loving communion and awareness adapted from Tibet for people of all backgrounds and faiths. Everyone is welcome - those with little or no meditation experience, as well as those with much experience who want a fresh approach to their deepest nature.

Free of charge

The Buddhist practice of "dana" - generosity, offering - is welcome in form of a monetary donation. All \$ goes toward materials and future scholarships for student retreats.

For more information check out www.foundationforactivecompassion.org or e-mail with any.

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