

Finding Peace of Mind Overcoming Anger

with Leisa Peterson

Saturday, March 27th, 9 am to 1 pm

This half-day course at For Goodness Sake provides a special opportunity to take a break from our busy activities and hectic pace of life.

Anger is the most painful and deceptive mind. In this class, we will learn how to identify anger itself as the real enemy and discover methods to overcome it.

Leisa Peterson, a member of Saraha Buddhist Center in San Francisco, will guide meditation, give advice on using meditation to solve our daily problems, and answer questions related to meditation practice.

Everyone is welcome, regardless of experience.

Suggested donation - \$20

Light snacks will be provided.

Please RSVP to tlzpeterson030@yahoo.com or
For Goodness Sake

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