



There is importance of maintaining both physical and mental well being. There has been always inter link between physical and mental well being. It is even more important to maintain mental well being or health. We have witnessed school shooting, killing innocent school children so many times in the United States. Sometimes, children themselves engage into crime and anti social behavior. Tibetan children are no exception on this matter. Geshe Lobsang will teach simple meditation instructions for children to develop and learn technique to deal with day today stress. This class is suitable for school children of any age. This class holds on Saturdays – April 27, May 4, 11, 18 at 9:00 AM. For detailed schedule and venue, please visit the Center's event/program information.