

Three Gates Meditation



When you center and align the body, breath, and mind, peace and clarity flow effortlessly and spontaneously.

Join Tashi Nyima for an hour every week to learn and practice this time-honored, simple, and effective method of meditation.

On the mat, on a chair, or on your back, YOU can meditate easily, reliably, and successfully!

“There is no need to ‘empty’ your mind. Your mind is empty by nature.”

Thursdays ❁ November 1, 8, and 15 ❁ 7 to 8 PM
Dallas Meditation Center

No fee. Voluntary donations gratefully accepted.