

Breathing for Concentration & Self-Healing

The Little Bangkok Sangha
Saturday, Nov 23, 2024

Concentration practice is the foundation for deep meditation, where the body is **steady** and **comfortable**, and the mind is **relaxed** and **alert**.

Join us in learning the foundational elements of **breathing and meditation**, to enhance **concentration** in the mind and maximize **self-healing** in the body.

No charge. Donations are welcome. Please register on the **Little Bangkok Sangha Meet-up** event page
(meetup.com/little-bangkok-sangha-meditation-group/events/)



BAAN AREE FOUNDATION | 17, 1 SOI ARI 1, BANGKOK

www.littlebang.org



www.premaliving.org
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10:30 am Baan Aree opens

10:45 am Opening Remarks and Introduction,
followed by:

- Five 45 minutes **guided mindfulness breathing practices**;
- Five 30 minutes **interactive Q&A sessions** where everyone can share insights and ask questions related to their breathing practices;
- A 60-minute lunch break and two 15-minute breaks for washrooms and refreshments. Several eatery options are within short walking distance from Baan Aree.

6:30 pm Baan Aree closes

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The Venue is generously made available to us by the Baan Aree Foundation, which is a Thai Buddhist Center. Please wear something that is comfortable to sit in, and avoid tight-fitting clothes, shorts, sleeveless tops, and short skirts.

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