

## UU Building is being rented by the following groups:

### **Tibetan Buddhist Study Group**

Meets on Mondays at 7:30p.m.in room 2.

All are welcome!

A study group which spends about 1 hour studying and discussing "Dharma," as well as concepts, teachings and practices within the Nyingma Lineage. We then spend approximately 1/2 hour practicing one or more of the General Buddhist or Vajrayana, Nyingma Lineage, meditative practices.

### **Insight Meditation**

Meets Tuesdays from 6:30 pm to 9 pm in room 2.

Insight Meditation is meets weekly as an informal, ongoing group open to anyone, free of charge, but donations are appreciated. After a brief welcome and a period of meditation, we have a talk and discussion on a topic related to meditation and Buddhism.

For more info visit our site at: [www.insightflorida.org](http://www.insightflorida.org) or call Michael Kane at 679-2336.

### **Yoga Classes**

Meet every Monday at 6:15 p.m.

The classes are led by Laurie Ring. Bring a mat with you. All are welcome. A donation of \$9.00 is appreciated.