



Chong De Youth Meditation Camp

Join us for the 2017 Chong De Youth
Meditation Camp!

Keep calm and carry on. We all need some peace and tranquility in this complex and chaotic world. The 2017 Chong De Youth Meditation Camp will guide participants to engage in mindfulness and to reflect upon their true nature through classes and activities. Participants can find bliss in Zen by:

- ◎ Reducing stress in everyday life
- ◎ Maintaining health of the body and mind
- ◎ Nurturing the essence of life within
- ◎ Appreciating peace and joyfulness
- ◎ Manifesting the inherent wisdom
- ◎ Cultivating to achieve Buddhahood



ACTIVITIES :

- Presentations
- Mentorship
- Teamwork
- Group Discussions
- Fun Activities

DATES:

7/15 & 7/16
Saturday & Sunday

LOCATION :

Chong Hui Temple
424 Cloverleaf Drive,
Baldwin Park, CA 91706

AGES:

Youth 16 years or older

FEE: \$20 including meals and a T-shirt

REGISTRATION :

Please contact representatives of your public temple or Annie Sun
atsun11@gmail.com

SPONSORED BY:

Los Angeles Fa Yi
Chong De Tao Community

