

Deepening in the Dharma  
And Bringing it into the World

# Dedicated Practitioner Group

Terry Ray

3 Months

Sunday- 3:30-5:30

Beginning January 7, 2018

\$300 Suggested Donation

The Dedicated Practitioner's Program is for serious practitioners. Joining is a commitment that you make to the teacher, the group and yourself to go deeper inside to your own heart, truth and awakening.

Each class will include sitting meditation, teachings and talks, as well as discussion, sharing and exercises. The Program includes one day long event, (date tba) at least one private phone session with Terry, and homework to practice during the week.

Integrated into this program are how to make mindfulness, love, compassion and meditation vibrant parts of your life, embodying practice, and support in establishing sangha and a sitting group.

To apply go to [www.terryray.org](http://www.terryray.org)

