

Garchen Mila Meditation Center Fall 2021 - WEEKLY SCHEDULE

This fall we are going to a hybrid model. Everyone coming to the Dharma Center in person must:
1. Be fully vaccinated 2. Use a mask.

MONDAYS:

Morning Calm Abiding Meditation

7:00-7:30am

HELD IN-PERSON ONLY

Medicine Buddha Meditation Practice

7:30-8:15pm

HELD ON ZOOM AND IN-PERSON

TUESDAYS:

Evening Solkha Practice

6:00-6:30pm

HELD IN-PERSON ONLY

Evening Calm Abiding Meditation

7:00-7:30pm

HELD IN-PERSON ONLY

WEDNESDAYS:

Morning Calm Abiding Meditation

7:00-7:30am

HELD IN-PERSON ONLY

Taming the Mind with Meditation Class

September 29 - November 17

7:00-8:30pm

HELD ON ZOOM ONLY

THURSDAYS:

Evening Solkha Practice

6:00-6:30pm

HELD IN-PERSON ONLY

Jewel Ornament of Liberation Class

September 30-November 18

7:00-8:15pm

HELD ON ZOOM AND IN-PERSON

FRIDAYS:

Morning Calm Abiding Meditation

Fridays 7:00-7:30am

HELD IN-PERSON ONLY

Meditation for Peace and Healing

Fridays in October

noon-1pm

Chauncey Swan Park

405 E Washington St, Iowa City, IA 52240

SATURDAYS:

A Walk in the Park

Saturday Afternoons

4:00-5:00ish pm

Check website for location

SUNDAYS:

Session I: Om Ah Hung Meditation

8:00-9:00am

HELD ON ZOOM AND IN-PERSON

Session II: Om Ah Hung Meditation

9:30-10:30am

HELD ON ZOOM AND IN-PERSON

Session III: Book Discussion

10:45-11:30am

HELD IN-PERSON ONLY

Session IV: Calm Abiding Meditation

noon-12:30

HELD IN-PERSON ONLY