

new dharma meditation groups

modern meditation movement **m³**

Urban Peace IS possible...

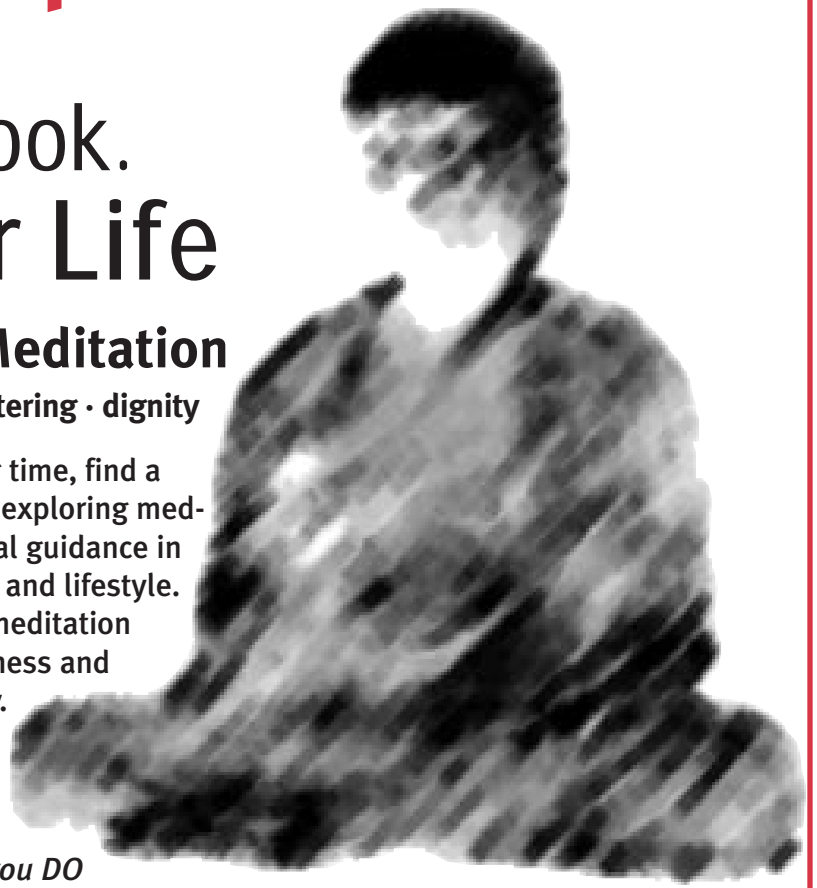
Shift your mood.
Change your outlook.
Transform Your Life

The Universal Practice of Meditation

balance · clarity · openness · compassion · centering · dignity

Whether you're curious or have been at it a long time, find a safe, open, engaging forum for questioning and exploring meditation. Receive in-depth instruction and personal guidance in dynamic integrative meditation for today's mind and lifestyle. Talk in plain language about if, why and how a meditation practice can work in your life. Cultivate fearlessness and find your Truth. Or just come to sit in community.

"New Dharma is old and new, pervasive and dynamic. It's the breath of spirit meeting the action of body. This is where real peace begins: you take responsibility for your freedom...and you DO something about it." — Angel Kyodo Williams, Guiding Teacher



Be a warrior. Start a practice or deepen one. Come get your meditation on.



new dharma

ancient wisdom. urban practice.
meditation · warrior-spirit · truth

Open to the public. All are welcome. FREE.

People of color, LGBT are especially encouraged to attend.

Sundays, 11am - 1pm, Direct Mind Zendo

211 Smith Street (corner Butler St.) BROOKLYN
(F to Bergen or 2,3,4,5 to Borough Hall, 10 blks down Court, left on Baltic)

Wednesdays, 6:30pm, Sufi Books

227 West Broadway (bet. White & Franklin St) MANHATTAN
(A, C, E to Canal St. 1 or 9 to Franklin St. 2 doors left of El Teddy's)

new dharma meditation group/an urbanPEACE project

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