

THE *Shinnyo* CENTER for Meditation and Well-being

19 W 36th St, New York NY 10018 212-868-9838 shinnyocenternyc.org

MARCH 2018

Open Tuesday, Thursday and Friday 12pm to 8pm. Wednesday 12pm to 5pm. Saturdays 10am to 5pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Shinnyo Archive Meditation 12:15,1:00 6pm	2 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	3 Intro to Med 10:30 Shinnyo Guided Meditation 12:00 1:15	4
5	6 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	7 OPEN 12:00 - 5:00	8 Shinnyo Archive Meditation 12:15,1:00 6:00	9 Shinnyo Guided Meditation 12:15,1:00,5:45 7:00	10 Shinnyo Guided Meditation 12:00 1:15 2:30	11
12	13 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	14 OPEN 12:00 - 5:00	15 Shinnyo Archive Meditation 12:15,1:00 6:00	16 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	17 Shinnyo Guided Meditation 12:00 1:15	18
19	20 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	21 OPEN 12:00 - 5:00	22 Shinnyo Archive Meditation 12:15,1:00 6:00	23 Shinnyo Guided Meditation 12:15,1:00,5:45 7:00	24 Shinnyo Guided Meditation 12:00 1:15	25
26	27 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	28 OPEN 12:00 - 5:00	29 Shinnyo Archive Meditation 12:15,1:00 6:00	30 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	31 Shinnyo Guided Meditation 12:00 1:15	

Shinnyo Guided Meditation Shinnyo Guided Meditation is structured by a session leader or guide who speaks in clear conversational instruction that helps the participant to relax the body and focus the mind.

Shinnyo Archive Meditation Shinnyo Archive Meditation revisits some of everyone's favorite Shinnyo Guided Meditation themes from our recorded Archives



Matcha Meditation "A Green Tea Mindfulness Experience" Matcha Meditation is a one hour urban retreat in which matcha green tea will be served in combination with guided meditation. Matcha Meditation provides an experience that weaves contemplative moments into daily rituals and demonstrates how mindful practice can enhance everyday life.



Shinnyo Feature Film This month's film entitled Moto Na Maji (Kenyan for Fire and Water) is a documentary on The Shinnyo Fire and Water Ceremony held in Kenya in gratitude to the earth and all living beings.



Meditation in the Greenhouse Swing by Denny Farrell Riverbank State Park Greenhouse for a free Shinnyo Guided Meditation session on Saturday March 10 (2:30- 3pm). *Park Entrance: 138th Street & Riverside Drive, NYC*



Jazz Meditation Our unique meditation series that combines Shinnyo guided meditation with live jazz music performance. Come for a beautiful night of entertainment that will wash away the blues of New York City life.