









# THE *Shinnyo* CENTER for Meditation and Well-being

19 W 36th St, New York NY 10018 212-868-9838 [shinnyocenternyc.org](http://shinnyocenternyc.org)

## December 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 <b>Intro to Med 10:30</b> Shinnyo Guided Meditation 12:00  1:15	2
3	4 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	5 OPEN 12:00 - 5:00	6 Shinnyo Archive Meditation 12:15,1:00  6:00	7 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	8 Shinnyo Guided Meditation 12:00  1:15	9
10	11 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	12 OPEN 12:00 - 5:00	13 Shinnyo Archive Meditation 12:15,1:00  6:00	14 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	15 Shinnyo Guided Meditation 12:00  1:15  2:30	16
17	18 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	19 OPEN 12:00 - 5:00	20 Shinnyo Archive Meditation 12:15,1:00  6:00	21 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	22 Shinnyo Guided Meditation 12:00  1:15	23
24	25 <b>CLOSED</b>	26 <b>CLOSED</b>	27 <b>CLOSED</b>	28 <b>CLOSED</b>	29 <b>CLOSED</b>	30 <b>CLOSED</b>
						31 <b>CLOSED</b>

**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.

**Intro to Meditation** Held the first Saturday of each month this 45-minute introduction is designed for people who are new to meditative practices. The session is led by a Shinnyo Guided Meditation instructor and includes explanation, opportunity for questions and discussion, and a guided meditation.

 **Shinnyo Feature Film** On Sunday, 10/22/17, Shinso Ito addressed an audience of 1,200 people in the USC Bovard Auditorium on the topic of "Letting Your Inner Light Shine Through." This film captures that lecture.

 **Meditation in the Greenhouse** Swing by Denny Farrell Riverbank State Park Greenhouse for a free Shinnyo Guided Meditation session on Saturday December 15 (2:30- 3pm). *Park Entrance: 138th Street & Riverside Drive, NYC.*