

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

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

## January 2019

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

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

**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** "Be a Light for Peace," was the theme of the NYC Lantern Floating when Shinnyo-en invited people to honor peacemakers and dedicate their lanterns with wishes for peace. Lantern Floating is a symbolic tradition, in which participants float lanterns on water to honor those who have passed away and represents the interconnection of the past, the present and the future.