









THE *Shinnyo* CENTER for Meditation and Well-being

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

November 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  6:00	2 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	3 Shinnyo Archive 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 Intro to Med 10:30 Shinnyo Guided Meditation 12:00  1:15	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  2:30	18
19	20 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	21 OPEN 12:00 - 5:00	22 CLOSED FOR THANKSGIVING	23 CLOSED FOR THANKSGIVING	24 CLOSED FOR THANKSGIVING	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		

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 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** 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. Film times are Thursdays @ 6pm and Saturdays @ 1:15pm.

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