



**Sunday Feb 5th 6-8 pm.**

**Meditation Workshop  
Healing Through Loving Kindness Practice  
with Bhante Sujatha.**

*Connect with your natural healing power with the gentle guidance of Bhante Sujatha, Buddhist monk from Blue Lotus Temple in Woodstock, IL.*

*This 2-hour workshop has been life-changing for many of its participants, regardless of religious background.*

*The teaching is centered around the cultivation of self love, for without healthy self love, you cannot be fully present to love anyone or anything else.*

*Workshop activities will include:*

- *Lecture: "What Is Loving-Kindness?"*
- *Learning the practice of Loving-Kindness*
- *A profound blessing of healing energy with each individual*

*Benefits of this beautiful workshop are:*

- *Reduced stress, anxiety, worry and depression*
- *Healing and enhancing relationships with others.*
- *Gaining a sense of empowerment over challenging issues in your life.*
  - *Insights into your life purpose.*
- *Awakening to the blessings of the present moment.*
  - *Attaining unshakable inner peace.*

Bhante Sujatha, a Buddhist monk of some thirty years, is originally from Sri Lanka.

He is the head monk at the Blue Lotus Temple in Woodstock, IL and has taught around the globe to people wishing to learn the art of happiness and contentment through meditation.

His approach to meditation is easy-going, ensuring that everyone can easily understand Buddhist teachings. A pleasure to be around, he knows the indescribable joy and peace to be found in silence.

Bhante believes his purpose is not only to teach meditation, but also, "teaching people how to be happy."



Fee. \$25 donation to Bhante Sujatha

Advanced registration required due to space limitations.

To register please call Galey 815-474-3835 or [galey@just-breatheyoga.com](mailto:galey@just-breatheyoga.com)

Please wear comfortable clothing.

Bring a water bottle, yoga mat and meditation cushion if you have one.

Just Breathe Yoga is located at 25331 Division St. Suite 103, Joliet, IL  
(call for directions. GPS not accurate)