

MIND OVER MATTER

If you don't mind, it won't matter

Sri Ratana International Buddhist Center (SRIBC) invites you to join our new "Mind Over Matter" meditation class. The objective of this program is to bring both physical and mental benefits to one's life through the power of mindfulness. This is a free service offered by SRIBC to our community to empower one's inner peace through meditation and to find peace, happiness and satisfaction.

What is your name?

Your e-mail address :

Phone number :

What is your age group?

Below 12 13 - 19 20 - 29 30 - 49 Above 50

What is your knowledge level of Meditation?

Zero Basic Intermediate Advanced

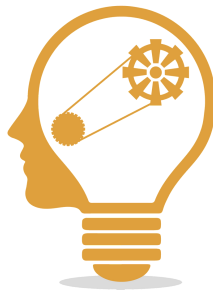
Are you committed to attend this meditation class in person?

Yes No

What do you expect from this meditation class?

Would you like to help our programme by volunteering on your free time?

Yes No



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This program will be conducted by Bhante Sumitta from Dhamma USA, in collaboration with the LiftLife Foundation. Classes will be held on both Sunday & Wednesday. This is a members-only in-person class limited to 25 members due to space availability.

(SRIBC Liability Release)

Name of the event :

(SRIBC Liability Release)

Date of the event :

Liability Release

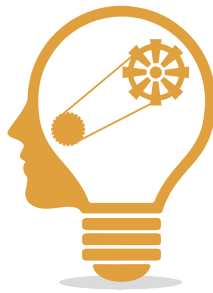
I, the permittee for the above-noted event, assume all risks of injury to all participants in this event whatsoever and agree to hold the SRIBC and all event representatives harmless from claims of any nature arising from any activity, including transportation associated with this event. This harmless agreement includes, but is not limited to, any claim due to injury approximately resulting from negligence of the SABC, its employees, agents, participating agents and volunteers.

Permittee Signature :

Date :

Your Name :





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Below is the link to see more info about the
Mind Over Matter Class Course :

<https://www.dhammausa.org/buddhism/mind-over-matter-if-you-dont-mind-it-wont-matter/>

Websites :

www.ratanavihara.org www.dhammausa.org www.liftlifecharity.org

Contact :

Email : info@dhammausa.com



DHAMMA USA

