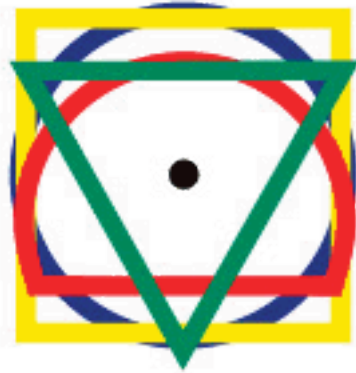


SHAMBHALA ART NIGHT



The Presence Point

April 27 and June 1st, 7:00 PM- 9:00 PM

Curious about the intersection of meditation and creative expression?

Want to know more about how to use meditation as a tool for unlocking your creativity? Then join us as we create a night we're calling: The Presence Point. An event focused on how, when we create, we create from nothing but open space.

We will start with sitting meditation, proceed to instruction in dharma art, do some warm-up exercises, and hold an "open-mic" in which works of art (poetry, song, dance, visual arts, etc) are created in the moment with no feedback from the audience. No previous experience necessary.

Co-facilitated by Amanda Loyjung and Sarah Lipton.

Price: \$5 suggested donation to cover materials cost.



SHAMBHALA
MEDITATION CENTER OF BOSTON

www.shambhalaboston.org

617-734-1498 • 646 Brookline Avenue, Brookline, MA 02445

Near Route 9 and accessible by D and E trains on the Greenline