



The School of the Wisdom

Weekly SOW Mindfulness Meditation in English in APRIL – MAY – JUNE

JOIN US EVERY THURSDAY/FRIDAY FOR A
20-MINUTE MINDFULNESS MEDITATION PRACTICE
Guided by Fernando A. de Torríos

You are invited to take a moment
to STOP - to BREATHE - to RELAX

After the meditation some formal and informal mindfulness practices will be presented as possible practices for the week

This program is open to everyone interested in learning more about the process of mindfulness meditation and its application in daily life.

At the end of the month we will have an extra gathering; a 1-hour seminar via Zoom with an open discussion to explore our experiences in depth.

APRIL: Mindfulness practice on concentration (Dharana) - *The Hall of Ignorance*

MAY: Mindfulness practices on meditation (Dhyana) - *The Hall of Learning*

JUNE: Mindfulness practice on contemplation (Samadhi) - *The Hall of Wisdom*

Starting day:

Thursday, April 1 - at 10:00 pm (22:00) New York time
which is Friday, April 2 - at 7:30 am - Chennai, India time

THURSDAYS in the Americas time in

Los Angeles 7 pm (19:00)

Mexico 8 pm (20:00)

Chicago 9 pm (21:00)

Boston, New York 10 pm (22:00)

Argentina, Brasilia, Santiago/

Chile 11 pm (23:00)

FRIDAYS in Europe, Africa, Asia time in

London 3 am

Barcelona, Paris, Rome 4 am

Nairobi 5 am

Chennai 7:30 am

Manila 10 am

Sydney 1 pm (13:00)

Auckland 3 pm (15:00)

METHODS TO JOIN

Zoom Meeting [LINK](#)

<https://zoom.us/j/95534258751?>

[pwd=cUZoZE9vUIBzVUIBUk9yeWVVMm9hdz09](https://zoom.us/j/95534258751?pwd=cUZoZE9vUIBzVUIBUk9yeWVVMm9hdz09)

Meeting ID: 955 3425 8751

Passcode: SOWENG

or

YouTube livestreaming

[Theosophical Society Adyar](#)