

# *Tallahassee Buddhist Community*

Tallahassee Buddhist Community is at 647 McDonnell Dr. in Railroad Square. Railroad Square is off Railroad Ave., just south of Gaines St. Look for the signs to the Railroad Square Art Park. Enter the art park, go straight, and look for the big orange building on the left.

The center is open to all, regardless of spiritual/religious background. **Newcomers are welcome.** Instruction is provided in the meditation practices. Services are provided by voluntary donation, which pays for the rental and maintenance of the space.

[www.TallahasseeBuddhistCommunity.org](http://www.TallahasseeBuddhistCommunity.org)

## *Sunday*

10:30 am - 12:00 pm

Dhyana (Meditation) Practice and Discussion

## *Last Sunday*

9:30 am - 10:30 am

Family Dharma Day

E-mail [jennygrill@embarqmail.com](mailto:jennygrill@embarqmail.com) for more information.

## *Monday*

7:30 pm - 9:00 pm

Chan Sitting Group

Led by Zen Teacher Guogu

(Jimmy Yu, Asst. Professor of Religion at FSU)

## *Tuesday*

Noon - 1:00 pm

Middle Way Study Group

Reading and discussion of books on Buddhism

7:00 pm - 9:00 pm

Cypress Tree Zen Group

Meditation, Chanting, Dharma Talk, Discussion

## *Thursday*

7:00 pm - 8:30 pm

Sitting for an hour including 10 minute optional walking meditation; Focus is on the breath (Anapanasati) with loving kindness meditation (mettā) at the end; Discussion

## *Saturday*

9:00 am - 10:30 am

Tai Chi Form with Alannah

For information on other Buddhist groups in Tallahassee, visit [www.WebDharma.com](http://www.WebDharma.com).