



Friday, April 17

GOM, or concentrated meditation, is an essential tool to develop peace and joy as well as the power to deeply understand wisdom. GOM instruction will be offered in this GOM Seminar (GOMinar) to facilitate attendance in the following weekend practice session on April 18/19. Instruction follows Gelek Rimpoche's transcript, GOM which is available through the Jewel Heart store – 734 994 3385 or store@jewelheart.org

Location: Jewel Heart

1129 Oak Valley Drive, Ann Arbor, MI 48108

Time: 7 – 9pm

Cost: \$10

Contact registration@jewelheart.org or 734 994 3387 extension 223

GOM PRACTICE WEEKEND

Friday*/Saturday/Sunday, April 17/18/19

This meditation weekend intensive, offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Silence will be maintained between sessions. Practice sessions will include sitting and walking meditations. Instructors will be available for your assistance.

*Note: Those who have previously taken the GOM seminar may begin the practice weekend on Friday night.

Location: Jewel Heart

1129 Oak Valley Drive, Ann Arbor, MI 48108

Time: Friday, 7 – 9pm, Saturday – 9am – 8:30pm, Sunday – 9am – 6pm

Please arrive early with time to begin on cushion by 9am.

Cost: \$50

Includes Saturday/Sunday box lunch and Saturday pizza dinner

Tea/Coffee/Snacks provided for breaks

Cushions and Chairs provided

Space is limited, please register by Wednesday, April 15.

Contact registration@jewelheart.org or 734 994 3387 extension 223