

# FREE Dharma Talk

*An Introduction to Buddha's Teachings*

**Wednesday Sept 21, 7:15pm**

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## 3-Week Dharma Talk Series

**Wednesdays, Sept 28 & Oct 5, 19**

**7:15pm - 8:30pm**

Integrating and understanding the teachings of Buddha as a support for meditation practice, and bringing mindfulness, peace & happiness to all aspects of daily life.



**Sept. 28: *Healing Journey Meets the Spiritual Path:***

We'll explore how mindfulness practice and its core teachings are essentially a healing process leading to awakening.

**Oct. 5: *The 4 Noble Truths and the 8 Fold Path:***

At the heart of the Buddha's teachings are the 4 noble truths including the 8 fold path leading to freedom from suffering.

**Oct. 19: *Cultivating Self-Compassion:***

learning to be kind to and with yourself as a key practice

**Series of 3 for \$65 or \$25 drop-in**  
**Pre-Registration for series required by 9/25**  
Register online at [www.lifepathyoga.net](http://www.lifepathyoga.net)



**Paul Epstein, ND**

**Paul Epstein, ND** is a graduate of the National College of Natural Medicine (NCCM), specializing in mind-body integrative medicine and mindful healing. He maintains a thriving private practice in Westport, CT; travels extensively, lecturing, leading workshops and retreats worldwide; and offers imagery and mindfulness healing seminars. He is also the author of *Happiness Through Meditation*. [www.drpaulepstein.com](http://www.drpaulepstein.com)

