

# Mindfulness Day

## Different Paths towards Enlightenment

*An afternoon of reflection on the practice of various Buddhist traditions*



**Saturday**  
**November 3, 2012**  
**1:30 - 4:00 pm**

**Tower Grove Park**  
**Old Carriage Pavilion**



- 1:30 - 1:35 p.m. - Introduction - *Leonora Kham, Laos Temple*
- 1:35 - 1:50 p.m. - Theravada Buddhism - *Kongsak Tanphaichitr, M.D., Thai Temple*
- 1:50 - 1:55 p.m. - Native American flute - *Lura Koch*
- 1:55 - 2:10 p.m. - Chinese Buddhism - *Katty Choi, MABA*
- 2:10 - 2:15 p.m. - Native American flute - *Lura Koch*
- 2:15 - 2:30 p.m. - Inside Dharma - *William Holcomb, M.D., Shinzo Sangha*
- 2:30 - 2:35 p.m. - Native American flute - *Lura Koch*
- 2:35 - 2:50 p.m. - Tibetan Buddhism - *Shaaron Bennjamin, Do Ngak Choling*
- 2:50 - 3:05 p.m. - Walking Meditation - *led by Dr. Rosan Yoshida., Missouri Zen Center*
- 3:05 - 3:20 p.m. - Zen Buddhism - *Dr. Rosan Yoshida., Missouri Zen Center*
- 3:20 - 3:55 p.m. - Q & A
- 3:55 - 4:00 p.m. - Transfer of Merits - *Ven. Kungshih Shi, MABA*



*Sponsored by the Buddhist Council of Greater St. Louis*

*This Event is Free and Open to the Public.*

**Directions:** From Kingshighway go east on Arsenal, left on Center Cross Drive, right on Main Drive. Old Carriage Pavilion is on the right, just before reaching Humboldt Circle