

MEDITATION

Made Easy



HIMALAYAN BUDDHIST MEDITATION CENTER
invites you to join our **Meditation Sessions:**

Tuesdays 5 – 6 pm

Saturdays 3 – 4 pm

At Nepali Ghar Hotel, 26 Amrit Ghar Marg, Thamel

Contact us:

Email: hbmcspsc@gmail.com

Facebook: Himalayan Buddhist Meditation Center

