

BOULDER SHAMBHALA CHAPLAINCY

HEALING MEDITATION GROUP

EVERY MONDAY AT 1:30PM TO 3:00PM
& 6:30PM-8PM



This program is designed for people experiencing cancer and other chronic illnesses. The group will work with Tulku Thondup's healing meditations, journaling and other exercises to support their natural healing capacity. The format includes discussion, meditation, and group exercises.



Facilitator: Chaplain **Fay Octavia Elliott**, Mdiv. Candidate

Fay has been teaching Mindfulness-Based Stress Reduction and Buddhist meditation for over ten years. She is currently in chemotherapy treatment for a reoccurrence of breast cancer.