

2010

# TEEN'S

Ages: 12-16

# DHARMA CAMP

August 16-18

(Mon-Wed, 9 AM - 4 PM)

## MEDITATION

Tai Chi, Yoga, walking, Donjon breathing, chanting, sitting, green tea, mindfulness.

Suggested Donation:  
\$ 100-150



## ACTIVITIES

cooking, journal writing, Dharma discussion, games, and art projects.



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[www.wonbuddhismnc.org](http://www.wonbuddhismnc.org)