



# Buddhist Meditation Seminar

Saturday • 1/19/19

10a.m. - 12:00p.m.

\$5 Members, \$10 Non-Members

**“HOLDING ON TO ANGER IS LIKE GRASPING A HOT COAL  
WITH THE INTENT OF THROWING IT AT SOMEONE ELSE;  
YOU ARE THE ONE WHO GETS BURNED.”**

The Buddha

The Maridon Museum will host a seminar for those interested in studying meditation for stress and anger. The two-hour meditation will cover how to create a regular meditation schedule, how meditation scientifically works, and then, allow time to meditate with meditation instructors and regular meditation practitioners. Chair meditation will be an option to floor sitting. The instructor will be Dr. Cynthia Marshall, an ordained Buddhist chaplain. This seminar, conducted in a beautiful museum setting, is intended for people of all religious backgrounds who are curious about Eastern thought.

*Cynthia Marshall, PhD, is the director of Honors Studies at The Community College of Beaver County, where she teaches yoga for academic credit. She also teaches Zen philosophy, meditation, and yoga for conferences, colleges, and community groups.*

*In addition to her formal education, Dr. Marshall studied at the Upaya Zen Center in Santa Fe, N.M., leading to her certification as a hospice chaplain. She is an ordained Buddhist minister and performs marriages and funerals. Her published work includes articles, study guides, and three books in the field of education, Zen Buddhism, yoga, and poetry.*