

Beloved Meditation Master Mingyur Rinpoche, has introduced a fresh new approach to meditation instruction called **Anytime Anywhere Meditation**.

If you've been longing for some support in your current meditation practice or if you've been trying to establish a regular daily practice and need some help, come get some!

If you're brand new to meditation, this is a wonderful place to start. For an in depth description of this program [please read more here](#).

Tergar Certified Anytime Anywhere Meditation Teacher and Certified Mindfulness Meditation Teacher, Jodi Supanich, will be leading this weeklong summer school in person & online class. Class sessions will be recorded.

[Sign up here to reserve your spot.](#)

[\(if you have any trouble registering you can see our FAQ here\)](#)

This Anytime Anywhere Course is for educators, i.e. teachers, staff, homeschoolers or anyone who teaches anything to anyone else :) The reduced fee of \$10 is possible due to a generous grant from The Washburn Community Education Foundation. If you are unable to attend class, a recording will be available.

If none of these levels will work for you, please [contact Jodi](#) to find a rate that works for your budget.

Here's the schedule for the workshop

Monday July 6th

7-9am Introductions & First Module

Tuesday July 7th

7-9am Second Module: Connecting with Awareness

Wednesday July 8th

7-9am Third Module: Connecting with Lovingkindness & Compassion

Thursday July 9th

7-9am Fourth Module: Connecting with Curiosity

Friday July 10th

7-9am Fifth Module: Putting it all together