XA LOI TEMPLE MEDITATION CENTER NEWSLETTER

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What is “That Bao Huyen Mon” Meditation?

Thursday Evening

7;00 PM

- **This month the focus is on being awake to the present moment and understaning the third Mantra: Ma Sa Op Ue to connect to our inner teacher**

Saturday Mornings:

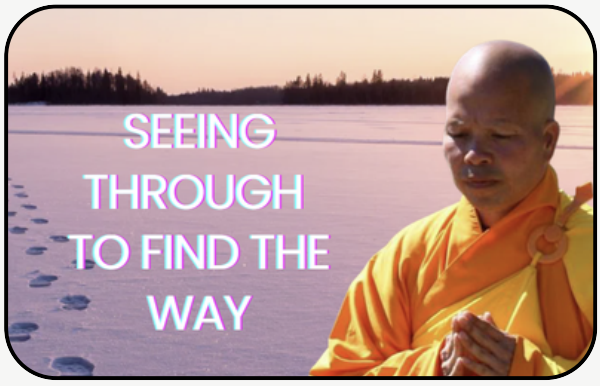
9:00 AM

- **In this class we will be focussing on the 8 Fold path and tying in how the different mantras of That Boa Huyen Mon can support us on the path.**

Sunday Mornings:

- **8:30 Am this is just a ½ hour practice with no lesson.**

In this tradition, we use seven mantras to help deepen our meditation practice. Each mantra opens a doorway into mindful awareness, guiding us to recognize our thoughts and feelings without being ruled by them.
When we learn to observe our inner world clearly, suffering begins to transform into understanding, and awareness itself becomes the source of peace. These Mantras encapsule the Buddha’s teaching and are tools to enhance our practice in becoming aware and transforming our suffering into peace.



Winter Retreat Registration:

Master Boa Thanh will offer the winter retreat on January 17, 2026 from 2:00-5:00 PM

In this MIni-Retreat we will explore seeing through our ignorance and to find the path to awakening. go to Xaloitemple.com to register.

There are so many ways to heal the body, mind and spirit. At Xa Loi Temple we are honored to have talented practitioners who share their gifts. You can register for these classes at Xa loi Temple.com

"Movement, Meditation and Breath" Wednesday's at 6:00 PM Nathan Stang off Recharge, and calm your energies with this inspiring practice.

Qi Gong -
Thursdays at 5:30 PM
Presented by Julie Backner
These classes focus on unlocking the healing energy within us. They help clear areas where we may feel stuck and energize us to become our best selves.

Prelude to the Holidays
November 1, 2025
7:00 - 8:30 PM
This Sound Journey prepares us for the many joys and stressors of the Holiday Season. Cost $25. register at Xaloitemple/events.com

Yoga - Sponsored by Sol Yoga at Xa Loi Temple
8:00 AM Join us for a gentle practice to ease into the weekend. Teachers Rotate each week so you are able to experience different styles.

The 9:00 AM Sunday Morning Chanting and Prayers The English service uses a mixture of contemporary music and a couple of traditional Vietnamese Mantras.

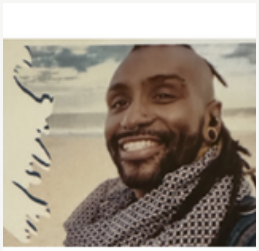
SUPPORT Groups

Recovery Dharma

Tuesday's 7:00 PM & Sunday's at 10:00 AM
This supportive community is for anyone recovering from addiction, trauma, or harmful patterns. Like a 12 step program, but based upon the Buddha's Teaching of the 8 fold path, helping us understand that most suffering comes from craving.

Men's Group

Tuesday & Thursday Evenings 6:00 PM.
Ray Mack provides a welcoming and accepting space allowing men to be themselves. No agendas, just care and support.



Friend's on the Path

TuTuesdays 12 PM | Saturdays 10:30 AM
Dive into Buddhist authors in a small group and put the insights into daily life—while growing a supportive community.

Tools for Healing Workshops

Tuesday Evenings 5:30 - 7:00 PM
-Annabelle Thunderbird

In these workshops we learn to become more in tune with what our body, mind and spirit are telling us. Annabelle has a wonderful gift of engaging with workshop participants and guiding us in our healing path. Each week is a different theme to build up or tool box of healing practices.