



Mindfulness

COMMUNITY OF MILWAUKEE

The Brahmaviharas

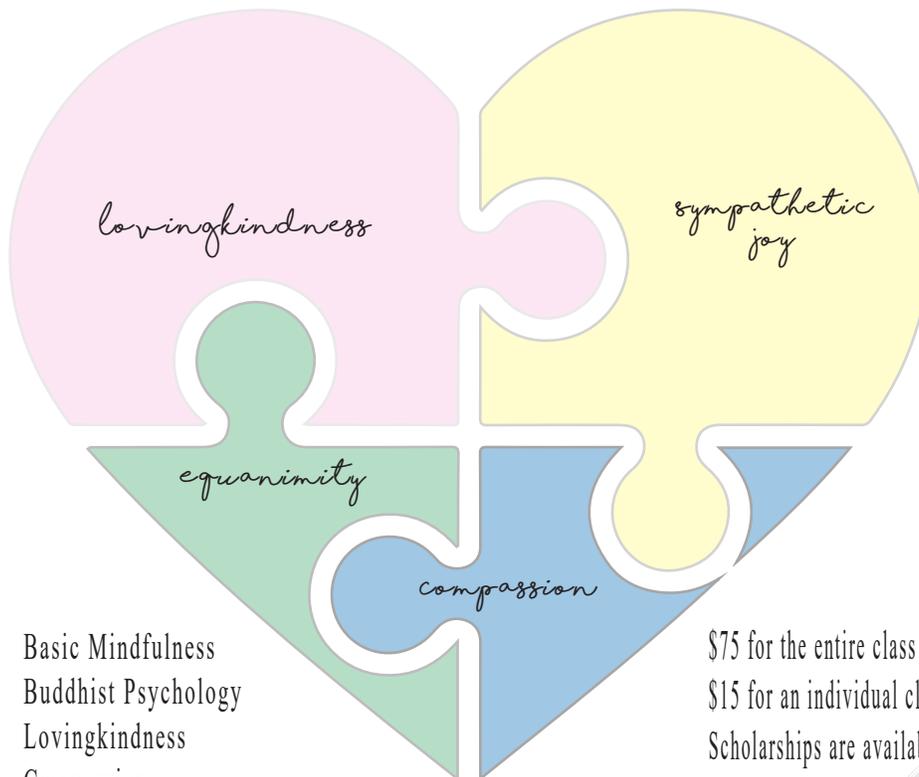
Six Consecutive Thursdays

630 pm to 830 pm

April 9 to May 14, 2026

1922 E. Park Place, Milwaukee, WI 53211

Paul Norton will be leading a new class this spring on the Four Brahmaviharas, also called the Four Abodes of Love. They are lovingkindness, compassion, sympathetic joy, and equanimity. We will be exploring practices to help us live with these in our daily lives.



April 9	Basic Mindfulness
April 16	Buddhist Psychology
April 23	Lovingkindness
April 30	Compassion
May 7	Sympathetic Joy
May 14	Equanimity

\$75 for the entire class
\$15 for an individual class
Scholarships are available

Contact Paul Norton at paul.norton@milwaukee mindfulness.com to register

