Oregon Buddhist Temple Presents | Buddhism in Our Times Lecture Series #4

BUDDHISM and YOGA

Saturday, January 23, 2027

8:45AM - 2:00PM



Led by **Bob Matsueda**: Yoga and Wellness teacher, Yoga Therapist, Advanced Pranayama Teacher (certified by the Govt. of India, Ministry of AYUSH Yoga Certification Board).

Buddhism and Yoga can support mental, spiritual, and physical health.

Workshop activities will cover breathing, chanting, gentle movements, meditation, and yogic lifestyle. It is designed for all ages, gender, and physical condition. No mats needed.
(Children under 12 must be accompanied by an adult.)

Dharma Talk by Bishop Marvin Harada (Buddhist Churches of America).

Pre-Registration required via our website by January 15th.
$10 fee includes lunch

Oregon Buddhist Temple
3720 SE 34th Ave, Portland, OR
Parking available

www.oregonbuddhisttemple.com

Go to our website for Pre-registration and more information



Funded by the Dharma Forward Foundation and the George and Kathleen Anderson Charitable Trust