

Three Lakṣanas

- impermanence / anitya
- insubstantiality / anatman
- unsatisfactoriness / duhkha

- 1 How do you engage with the lakshanas in your work?
- 2 How has being chair helped you to grow in the Dharma?
- 3 Do you have any suggestions for future International Movement Strand training or events?
- 4 What have you learned that you'd like to remember?

