



Beginning Again

Introduction to Insight & Mindfulness Meditation

Saturday October 24, 2015

9^{AM} - noon

INSIGHT (VIPASSANA) MEDITATION is a simple and direct practice that calms the body & mind, allowing you to see yourself and life as a naturally changing process. Through focused & mindful awareness one cultivates compassion for self and others and deepens understanding into the way things are. Vipassana practice originates in the Theravadin tradition of the teachings of the Buddha, but anyone can benefit from the meditation practice, whether they are familiar with Buddhism or not.

Location: Red Cedar Dharma Hall, 1021 N. Forest, Bellingham WA

Cost: voluntary donation to benefit Bellingham Insight Meditation Society (BIMS)

During this half -day-class, there will be several short meditation periods with guided instruction. We will explore breath meditation, walking meditation, whole body awareness and metta (kind-heartedness). We will review and discuss core elements of Buddhist meditation practice. Ideas on developing a home practice as well as ways of cultivating mindfulness in our daily activities will be included in the class. There is time for questions and discussion.

The class will be taught by Jean La Valley and Mary Haberman. Both Jean & Mary are members of the Bellingham Insight Teaching Corps.

Jean has been practicing insight meditation since 1980 and is part of the Community Dharma Leadership program through Spirit Rock Center- Insight Meditation West. She is interested in applying the dharma to the pleasures and dilemmas of daily life.

Mary is a community college teacher and is on the Bellingham Insight board. She has been meditating since 2003 and has just started the Community Dharma Leader Program.

Pre-Registration Requested

contact Karen @ karen.sheldon@gmail.com