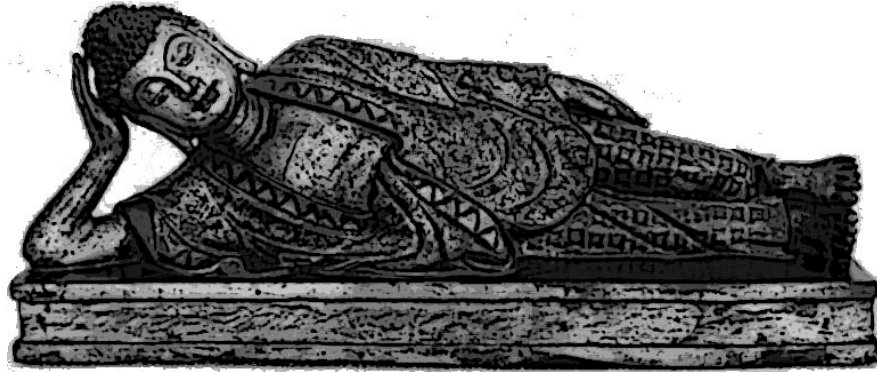


Meditating on the Body

A Five Week Series



Tuesday Evenings, 7:30 pm to 9:00 pm

February 9	Shaila Catherine	<i>Embodied Awareness</i>
February 16	Lila Kate Wheeler	<i>Somebody, Anybody, Nobody</i>
February 23	Kim Allen	<i>An In-Body Experience</i>
March 2	Janet Taylor	<i>Seeing the Body as a Body</i>
March 9	Arinna Weisman	<i>Cultivating Loving Kindness toward the body</i>

See the reverse side for speaker's biographies

Edwards Hall of St. Timothy's Church
2094 Grant Road
Mountain View, CA 94040

Contact information: Maureen at (650) 968-4065 or
sit@imsb.org

*Everyone is welcome. Chairs are provided
Bring a cushion if you prefer to sit on the floor*

Speakers

Shaila Catherine February 9 *Embodied Awareness*

Shaila Catherine has been practicing meditation since 1980, with seven years of accumulated silent retreat experience. She has taught since 1996 in the USA, India, Israel, England, and New Zealand. Shaila studied at the Sharpham College for Buddhist Studies in England, and dedicated several years to studying with masters in India, Nepal and Thailand. In recent years Shaila has focused on developing deep concentration (jhana) as the basis for insight, completing a one year jhana retreat at the Forest Refuge and five months retreat with PaAuk Sayadaw of Burma. She founded Insight Meditation South Bay and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*, published by Wisdom Publications 2008.

Lila Kate Wheeler February 16 *Somebody, Anybody, Nobody*

Lila Kate Wheeler began meditating in 1977 and has practiced under a variety of Western and Asian teachers in the Theravada, Hindu and Vajrayana traditions. She began teaching meditation in the mid-1980s. She is a prizewinning fiction writer and journalist. Her writings include a novel, *When Mountains Walked*, and a book of short stories, *Not Where I Started From*; she edited an anthology of Buddhist fiction, *Nixon Under the Bodhi Tree*, and two books for her Burmese teacher Sayadaw U Pandita: *The State of Mind Called Beautiful* and *In this Very Life*. Lila lives in Somerville, MA.

Kim Allen February 23 *An In-Body Experience*

Kim Allen has practiced Buddhist meditation since 2003 and serves as a mentor for new meditators. Inspired by harmony with nature, she trains in tai chi and qigong, and teaches these practices as a support for spiritual development and daily-life awareness. Educated in both science and business, she works as an environmental and organizational consultant.

Janet Taylor March 2 *Seeing the Body as a Body*

Janet Taylor began practicing vipassana meditation in early 2006 and is inspired by the possibility of complete liberation and by seeing the truth of the Buddha's teachings of impermanence, the suffering caused by attachment, and emptiness in her daily practice. Janet has attended 10 residential retreats, including three seven-day jhana retreats, completed a 35-week course on the practice of the 32 body parts meditation, and serves as a mentor for beginning meditators at IMSB. Janet received her BFA degree in sculpture, and enjoys nature and sea kayaking. She currently works as a technical writer and curriculum developer.

Arinna Weisman March 9 *Cultivating Loving Kindness Towards the Body*

Arinna Weisman has studied insight meditation since 1979 and has been teaching since 1989. Her root teacher is Ruth Denison who was empowered by the great teacher U Bha Khin. She has also studied with Thich Nhat Hanh in the Zen tradition and Punjaji in the Advaita tradition. She is the founding teacher of Insight Meditation Center of the Pioneer Valley and is co-author of the book, *A Beginner's Guide to Insight Meditation*. She is committed to building multicultural sanghas.