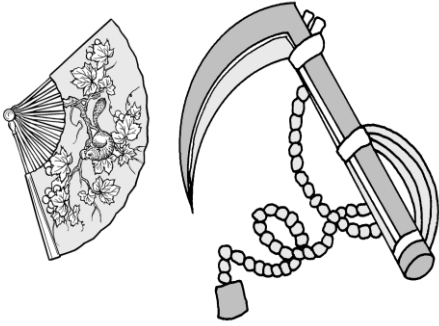


INTRODUCTION TO THE BUDDHA'S TEACHINGS

Seven Tools for Skillful Living

A Day of Meditation plus Yin Yoga



with Shaila Catherine & Renate Kempf

Saturday, June 19, 2010 9:30 am – 5:00 pm

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

This day long program includes silent sitting and walking meditation. There will be an optional yin yoga session from 10:30 am to 11:30 am. In the afternoon there will be a dharma talk and a study of the "All the Taints" discourse (M. 2).

No previous dharma study or meditation experience is required!

Bring a bag lunch and a mat or blanket to recline on.

Chairs are provided and the floor is carpeted.

Bring your own sitting cushion if you prefer to meditate sitting on the floor.

For more information, contact:
Janet at (408) 761-9659 or
awake@imsb.org

Check the website for up-to-date themes and details.

SHAILA CATHERINE has been teaching since 1996 and practicing meditation since 1980, with seven years of accumulated silent retreat experience. She studied at the Sharpham College for Buddhist Studies in England and dedicated several years to studying with masters in India, Nepal and Thailand. She is the founding teacher of Insight Meditation South Bay based in Mountain View. She is the author of *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*.

RENATE KEMPF has been a bodyworker for seven years and is certified at the 1000 hour level with a focus on Structural Integration. Renate has practiced yoga for over twenty years and completed yin yoga certification with Paul Grilley and Sarah Powers. See www.azureheart.com for more information about Renate's work.

DANA: Donations are gratefully accepted to support the teachers and organizational expenses.

Presented by Insight Meditation South Bay

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