

INTRODUCTION TO THE BUDDHA'S TEACHINGS

# Tides of Conceiving

plus Feldenkrais: Awareness Through Movement



with **Shaila Catherine & Deborah Dutton**

Saturday, July 17, 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, a Feldenkrais Movement session from 10:30-11:30, a dhamma talk in the afternoon, and study of the "Exposition of the Elements" (M. 140). No previous dharma study or meditation experience is required.

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

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:  
(408) 288-6322 or  
awake@imsb.org

## Mark Your Calendars for Upcoming Saturday Daylong Programs:

Aug. 28 The End of the Path I  
Sep. 18 The End of the Path II  
Oct. 16 Beyond Dependence  
Nov. 11 Art of Not Clinging  
Dec. 4 Noble Friendship

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

**SHAILA CATHERINE** has been practicing meditation since 1980, with seven years of accumulated silent retreat experience and teaching since 1996. 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 and is the author of *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*.

**DEBORAH DUTTON** is a Guild Certified Feldenkrais Practitioner and has been teaching the Feldenkrais Method for ten years. Deborah was introduced to the Method® as a result of a shoulder injury. She found the technique so effective and engaging that she continued to take classes for seven years. She then entered a four-year professional training program in New York, from which she graduated after 800 hours of training. Deborah's teaching is influenced by her 20 years of meditation practice. Learn more about Deborah's practice at [www.umovebetter.com](http://www.umovebetter.com).

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

Presented by **Insight Meditation South Bay**

[www.imsb.org](http://www.imsb.org)