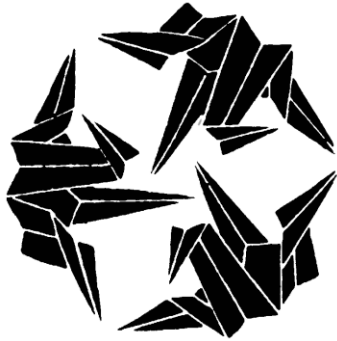


INTRODUCTION TO THE BUDDHA'S TEACHINGS

# The End Of The Path II

## plus Dynamic Awareness



with **Shaila Catherine & Lisa Tromovitch**

Saturday, September 18, 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, Dynamic Awareness session from 10:30-11:30, a dharma talk in the afternoon, and study of the "Discourse on the Purification of Almsfood" (M. 151). No previous dharma study or meditation experience is required.

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:

Oct 16 Beyond Dependence  
Nov 13 The 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. She is the author of *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*.

**LISA TROMOVITCH** has 23 years experience as a theater director and professor of theatre arts. She is currently serving as Founding Artistic Director of Shakespeare's Associates/Livermore Shakespeare Festival and on the faculty of University of the Pacific where she is the movement coach. Lisa has trained in Laban/Bartenieff work with Integrated Movement Studies, and has an interest in Michael Chechov's psychological gesture. Lisa has directed over 30 professional productions and trained hundreds of university and conservatory students in expressive arts. [www.LivermoreShakes.org](http://www.LivermoreShakes.org).

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

Presented by **Insight Meditation South Bay**

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