

INTRODUCTION TO THE BUDDHA'S TEACHINGS

Beyond Dependence

A Day of Meditation

with **Shaila Catherine**

Saturday, October 16, 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 dhamma talk in the afternoon, and study of the Advice to Anathpindika (M. 143).

No previous dharma study or meditation experience is required.

Bring a bag lunch.
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:

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 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*.

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

Presented by Insight Meditation South Bay

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