

INTRODUCTION TO THE BUDDHA'S TEACHINGS

The Art of Not Clinging

A Day of Meditation plus Raja Yoga

with **Shaila Catherine & Tamara Perkins**

Saturday, November 13, 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 Raja Yoga session from 10:30-11:30, a dhamma talk in the afternoon, and study of "The Way to the Imperturbable" (M. 106). No previous dharma study or meditation experience is required.

Bring a bag lunch, and a towel or mat for yoga.

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:

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*.

TAMARA PERKINS is a certified Raja Yoga teacher, filmmaker and activist. Inspired by the opportunity to ease suffering and open paths to healing and empowerment, she teaches in diverse environments including men's and women's prisons, grief support programs, schools, and youth development conferences. Childhood exposure to Yoga and Tibetan Buddhism, through her father, has helped form the foundation of Tamara's practice. Tamara is founder and director of Apple of Discord Productions, a film production company born of a combination of creativity, service and activism (www.appleofdiscordproductions.com). Find out more at www.tamaraperkins.com.

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

Presented by Insight Meditation South Bay
www.imsb.org