

Introduction to Mindfulness

Level I

*with Shaila Catherine
and Guest Teachers*

5 Thursday Evenings
January 6, 13, 27,
February 3, 10, 2011
7:00 to 9:00 pm

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



THIS COURSE is an introduction to the meditative development of mindfulness through which we refine our ability to focus and bring clear attention to all aspects of experience. We will cultivate mindfulness of breath, sensations, emotions, thoughts and actions. This series includes exercises that enhance mindfulness, support the establishment of a daily meditation practice, and highlight balanced awareness in work and home life. The course is appropriate for beginners as well as practitioners who wish to refine fundamental meditation techniques for a stronger daily practice.

No registration required, however, the intention to attend the entire series is strongly encouraged as the instructions are cumulative and offered sequentially.

SHAILA CATHERINE is the founder of Insight Meditation South Bay, a Buddhist Meditation Center in Silicon Valley. She has been practicing meditation since 1980, accumulating eight years of silent retreat. Shaila studied with masters in India, Nepal and Thailand, and has taught since 1996 in the USA, India, Israel, England, and New Zealand. Shaila's current focus is the development of concentration and jhana as the basis for insight and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. Her second book, a comprehensive manual on concentration and insight, is forthcoming from Wisdom Publications in 2011.

EVERYONE IS WELCOME. Chairs are provided. Bring a cushion if you prefer to sit on the floor.

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

FOR MORE INFORMATION:
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Insight Meditation South Bay
www.imsb.org