



INSIGHT MEDITATION SOUTH BAY

Dedicated to the liberating teachings of the Buddha

October 2010

Dear Friend,

Here amidst the fast-paced world of Silicon Valley, Insight Meditation South Bay offers a welcome refuge of wisdom, compassion, and calmness for all who participate in our programs. Since our inception almost five years ago, IMSB has grown steadily. People come seeking relief from the travails of everyday life, searching for the clarity and kindness that will build a more joyous world for all.

Insight Meditation South Bay, together with Bodhi-Retreats, offers a broad range of mindfulness-based teachings, including weekly meditation courses, daylong workshops, intensive retreats, and in-depth series on meditation and Buddhism.

During the past year, we have expanded our offerings

- to include more frequent introductory courses in mindfulness, loving-kindness, and concentration for a growing number of eager new students;
- to challenge our advanced practitioners with courses on the theory of meditation and cultivation of the practical skills of concentration;
- to engage the wider community by addressing the real-life intersections of meditation with art and architecture, bodywork, educational systems, the economy, recovery from addiction and illness, and mindfulness of death.

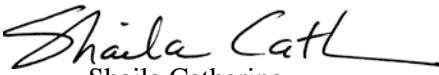
Looking ahead, next year promises to be a significant time for us. Our founding teacher, Shaila Catherine, will be refining her practice with an intensive retreat led by the Venerable Pa-Auk Sayadaw of Burma. Honored that our teacher will be one of the very few Westerners ever to have completed this rigorous course of training, we anticipate that the benefits will manifest through Shaila's teachings for years to come. Insight Meditation South Bay will, of course, continue to offer a full schedule of programs throughout the year. We have organized an array of guest speakers who will bring a wealth of wisdom to our community, including two wonderful guest teachers in residence who will join us during Shaila's retreat period. Please visit our website, www.imsb.org, to learn more. You can review our schedule, download a dharma talk, volunteer, or join a community forum discussion.

Today, we are asking for your support to help us respond to the growing demand for meditation instruction, to host an array of outstanding teachers and programs, and to thereby sustain the depth and breadth of the Buddhist meditation teachings offered through Insight Meditation South Bay.


Thank you for your generous support and your faith in the transformative power of the liberating teachings of the Buddha.

May your gift contribute to the growth of compassion, wisdom, and peace in our world.

In gratitude,


Shaila Catherine,
Principal Teacher


LeAnn Bjelle,
President


Ed Haertel
Treasurer