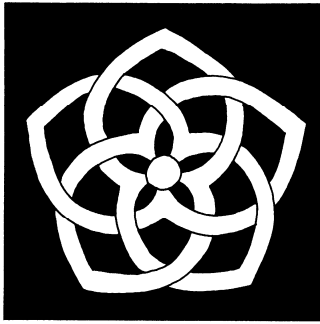


Strengthening



Concentration

with Shaila Catherine

A Five Week Series: July 14, 21, 28 and August 4, 11

Tuesday Evenings, 7:30 pm to 9:00 pm

This series will explore the role of concentration for calming the mind, deepening wisdom, enhancing enduring happiness, and ushering attention into a profound state of stillness. We will introduce meditation techniques aimed at strengthening concentration, cultivate skills for freeing the mind from distraction, and develop equanimity to support undistracted awareness. The twin practices of deep concentration & penetrative insight sustain a liberating investigation of reality. No previous experience with concentration practice is necessary.

at

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

Contact Information: sit@imsb.org, (650) 968-4065

Everyone is welcome. Chairs are provided
Bring a cushion if you prefer to sit on the floor

No registration is required

Donations are encouraged to support the teacher and organizational expenses

Shaila Catherine has been practicing meditation since 1980, with seven years of accumulated silent retreat experience. She has taught since 1996 in the USA, India, Israel, England, and New Zealand. Shaila studied at the Sharpham College for Buddhist Studies in England, and dedicated several years to studying with masters in India, Nepal and Thailand. In recent years Shaila has focused on developing deep concentration (jhana) as the basis for insight. She founded Insight Meditation South Bay and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*, published by Wisdom Publications in 2008.