

EIGHT-FOLD NOBLE PATH

Right Mindfulness Plus Qi Gong

A Day-long Retreat

**with Shaila Catherine
& Kim Allen**

Saturday July 25, 2009 9:30 am – 4:00 pm

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



In this daylong program we will explore the supportive role of Right Mindfulness in our spiritual lives. There will be sitting and walking meditations throughout the day, an optional qi gong session at 10:30 am, optional individual consultations/interviews with Shaila, and a dharma talk on Right Mindfulness in the afternoon. Silence will end at 4pm.

Participants in the Walking the Path program will meet for more in-depth explorations 4:00 – 6:00 pm.

Bring a bag lunch and a mat or blanket to recline on.

Chairs are provided and the floor is carpeted. Bring your own sitting cushion if you prefer to meditate sitting on the floor.

For Information, contact:
Janet at (831) 464-8782
awake@imsb.org

Mark Your Calendars for Upcoming Saturday Daylong Programs:

Aug 22	Right Concentration
Sep 26	Eightfold Path
Oct 24	Discovering Meaning
Nov 21	TBA
Dec 5	TBA

Check the website for up-to-date themes and details.

SHAILA CATHERINE has been practicing meditation since 1980, with seven years of accumulated silent retreat experience and teaching since 1996. 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*.

KIM ALLEN trains in qi gong and tai chi in the Bay Area and has been certified to teach Level 1 qi gong by her original teacher in Seattle. These practices can provide foundational support for meditation by deepening awareness of the body, and for daily-life practice by encouraging relaxation and calmness during movement. Kim has practiced vipassana meditation since 2003 and serves as a meditation mentor. Her practice is inspired by harmony with nature.

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

Presented by Insight Meditation South Bay

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