

EIGHT-FOLD NOBLE PATH

Right Concentration Plus Expressive Movement

A Day-long Mindfulness Retreat



with **Shaila Catherine**
& **Lisa Tromovitch**

Saturday August 22, 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 Concentration in our spiritual lives. There will be sitting and walking meditations throughout the day, an optional expressive movement session at 10:30 am, optional individual consultations/interviews with Shaila, and a dharma talk on Right Concentration 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:

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 Sharpam 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*.

LISA TROMOVITCH has 23 years experience as a theater director and professor of theatre arts. She is currently serving as Founding Artistic Director of Shakespeare's Associates/Livermore Shakespeare Festival and on the faculty of University of the Pacific where she is the movement coach. Lisa has trained in Laban/Bartenieff work with Integrated Movement Studies, and has an interest in Michael Chechov's psychological gesture. Lisa has directed over 30 professional productions and trained hundreds of university and conservatory students in expressive arts. www.LivermoreShakes.org.

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

Presented by Insight Meditation South Bay

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