

Insight Meditation South Bay

*presents*

# Introduction to Mindfulness

Level I



*with Shaila Catherine and guest teachers*

5 Thursday Evenings

September 10 to October 8, 7:00 to 9:00 pm

**at Edwards Hall of St Timothy's Church  
2094 Grant Road, Mountain View, 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 an 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 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, completing a one year jhana retreat at the Forest Refuge, and five months retreat with PaAuk Sayadaw of Burma. 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 2008.

**For information: Contact (650) 968-4065, [sit@imsb.org](mailto:sit@imsb.org)**

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

*No registration is required.*

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

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