

EIGHT-FOLD NOBLE PATH

Noble Eight-Fold Path Plus Qigong

A Daylong Mindfulness Retreat



with Shaila Catherine & Tom Leichardt

Saturday, Sept. 26, 2009 9:30 am – 4:00 pm

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

In this day long program we will explore the supportive role of the Noble Eight Fold Path in our spiritual lives, and introduce participants to Qigong. There will be sitting and walking meditation throughout the day, an optional Qigong session at 10:30 am, optional individual consultations/interviews with Shaila, and a dharma talk on the Noble Eight-Fold Path in the afternoon. Silence will end at 4 pm.

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 on which to recline.

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:

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*.

TOM LEICHARDT holds a Doctorate degree in Medical Qigong, teaches at Five Branches University, and has a private practice in San Jose. Tom is a traditional healer and instructor in the Medical Qigong branch of Traditional Chinese Medicine. By unwinding patterns of disharmony on the physical, mental, emotional, energetic, and spiritual levels, Tom promotes health and balance of the whole person. This is achieved through Qigong treatments as well as the prescription of therapeutic exercises that move and balance the Qi. Learn more about Tom's practice at www.inneralchemycenter.com.

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

Presented by Insight Meditation South Bay

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