

INTRODUCTION TO THE BUDDHA'S TEACHINGS

# Noble Friendship

*A Day of Meditation and Qigong*



**with Shaila Catherine & Tom Leichardt**

Saturday, December 4, 2010

9:30 am – 5:00 pm

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

This day long program includes silent sitting and walking meditation, qigong from 10:30 to 11:30, a dharma talk in the afternoon, and study of the "Greater Discourse in Gosinga" (M. 32). No previous dharma study or meditation experience is required.

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

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

For more information, contact:  
(408) 288-6322 or  
awake@imsb.org

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

**TOM LEICHARDT** graduated with a Doctorate of Medical Qigong (DMQ) from the International Institute of Medical Qigong, the overseas college of Henan University of Traditional Chinese Medicine. He practices Taoist meditation and the healing arts. Tom also serves at the feet of his guru, Sri Mata Amritanandamayi (Amma), working to develop compassion and a heart of service to humanity. Learn more about Tom's practice at [www.qigongalchemy.com](http://www.qigongalchemy.com)

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

**Presented by Insight Meditation South Bay**

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