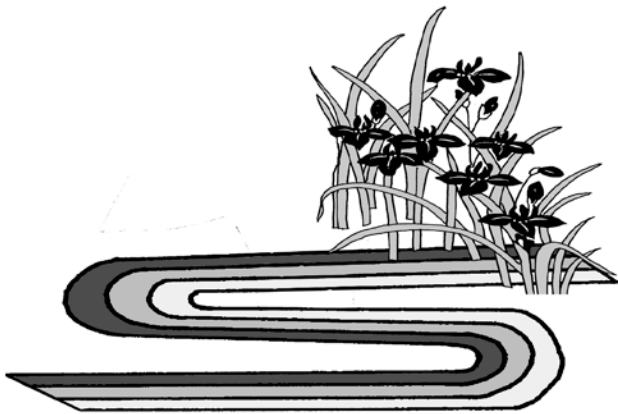


# Walking the Path

Nourish the resolve to deepen your spiritual practice in everyday life!

A six-month program — January to June 2011

with Shaila Catherine



January	Prosperity and Wealth
February	Roles, Relationships and Communication
March	Overcoming Conflict, Cultivating Harmony
April	Wisdom and Decision Making
May	Habits, actions and Personality
June	Enjoying Lasting Happiness

**WALKING THE PATH** is a six month program designed to intensify your personal meditative path and integrate dhamma into everyday life. This program gathers a group of dedicated practitioners to work more closely with Shaila through monthly day longs, interviews, group discussions, and one IMSB retreat. This year's focus will address the cultivation dhamma in daily life and study *The Buddha's Teachings On Prosperity, At Home, At Work, In The World*, by Bhikkhu Basnagoda Rahula. It is open to all levels of experience, from beginning meditators who seek support in establishing a daily practice, to advanced practitioners who would benefit by personalized instruction.

## **PARTICIPANTS SHOULD BE WILLING TO:**

1. Maintain a daily meditation practice.
2. Participate in one monthly day long meditation program in Mt. View (9:30 am – 5:00 pm).
3. Meet with the teacher for an individual consultation 2-3 times during the course.
4. Engage in reading and reflective assignments.
5. Attend one silent multi-day retreat led by Shaila.
6. Participate in periodic discussion groups.

**DANA:** After deducting book costs, all profits from the registration fees will be allocated to the scholarship fund providing partial scholarships to support WTP participants in completing the retreat component of this program. Insight Meditation South Bay depends entirely upon your generosity. Donations will be gratefully received at each event.

**REGISTRATION:** Send fee of \$100 made payable to "Bodhi-Retreats" to Jennifer Dungan, 565 Anza St. Mountain View CA 94041, path@imsb.org, (650) 965-7049. Arrange to receive the text book from Jennifer or Shaila prior to the first class.

Include a note describing:

1. How long you have been meditating & if you have attended either meditation retreats or Walking The Path before.
2. Any particular motivation for participating in this program at this time.
3. Include your name, address, telephone, and e-mail address.

**Presented by Insight Meditation South Bay**  
[www.imsb.org](http://www.imsb.org)