

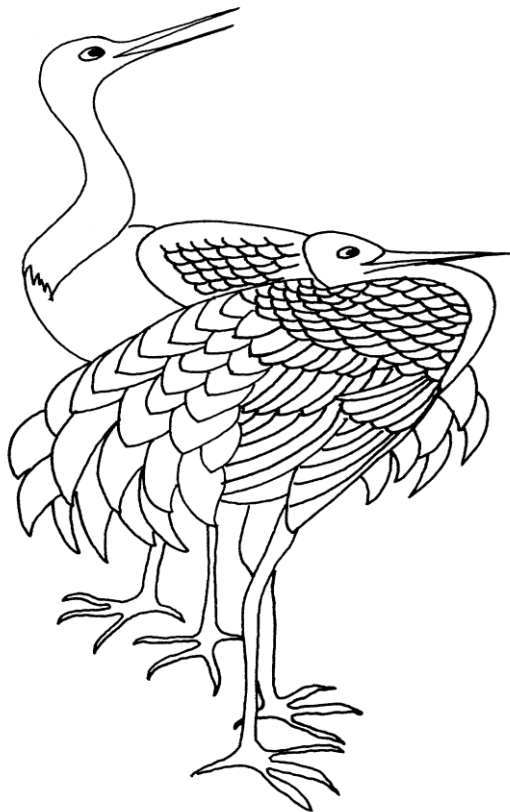
Beyond the Breath

A five-week series exploring
alternative meditation techniques
with *Shaila Catherine*

Tuesdays, 7:30 pm — 9:00 pm

March 29 and April 5, 11, 19, 26 2011

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



THE THERAVADA TRADITION offers forty concentration objects and myriad approaches to developing insight. Contemporary teachers have added a rich array of variations to these traditional themes. This series will explore a variety of meditation practices beyond the standard approach of mindfulness with breathing. Each evening session will highlight a different meditation method such as concentration techniques, loving-kindness practices, methods that enhance mindfulness of the body, walking meditation, mindful eating, and reflective practices.

This series is appropriate for new and experienced meditators.

SHAILA CATHERINE is the founder of Insight Meditation South Bay, a Buddhist Meditation Center in Silicon Valley. She has been practicing meditation since 1980, accumulating eight years of silent retreat. Shaila studied with masters in India, Nepal and Thailand, and has taught since 1996 in the USA, India, Israel, England, and New Zealand. Shaila's current focus is the development of concentration and jhana as the basis for insight and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. Her second book, a comprehensive manual on concentration and insight, is forthcoming from Wisdom Publications in 2011.

EVERYONE IS WELCOME. Chairs are provided. Bring a cushion if you prefer to sit on the floor.

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

FOR MORE INFORMATION:
sit@imsb.org or (408) 288-6322

Insight Meditation South Bay
www.imsb.org