

# Living the Buddha's Teachings

*with* Annie Nugent

3 Tuesday Evenings  
7:30 to 9:00 pm

August 16, 23, and 30 2011

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



**THERE IS** a certain joy that comes into our lives when we realize the scope of the dharma. It doesn't narrow or limit our lives, rather it brings a growing ease of mind and an expansiveness into life as wisdom and compassion is cultivated in the midst of the fullness and vibrancy of daily life.

August 16—Letting Go into the Fullness of  
Life: Living with Wisdom

August 23—Tighten Loose and Loosen Tight:  
Balancing Effort

August 30—Kindness in a Few Words:  
Practicing Wise Speech

**ANNIE NUGENT** has practiced in the Theravada and Tibetan traditions since 1979 under the guidance of a range of teachers including Sayadaw U Pandita, Tulku Akong Rinpoche and various western teachers. She was the resident teacher at the Insight Meditation Society in Barre, Massachusetts from 1999-2003 and has since been teaching elsewhere in America, including the annual IMS 3-month retreat and The Forest Refuge. Her teaching style aims to reveal how our lives are opportunities to develop a clear understanding of the Truth.

**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](http://www.imsb.org)