



Insight Meditation

INTRODUCTORY COURSE

Six Consecutive Monday Nights
7:00 - 8:30 p.m.

July 12, 19 and 26, 2010
August 2, 9 and 16, 2010

LOCATION:

First Unitarian Universalist Church
of San Diego

4190 Front Street
San Diego, CA 92103
(Across from UCSD Hillcrest Hospital)

– Please meet in the Clark Chapel –

The course will involve instruction on
Insight Meditation – Vipassana.

Vipassana is the primary meditation technique that was taught by the Buddha and involves paying mindful attention to present moment experiences in a way that leads to clarity, relaxation, and coming into harmony with our experiences. Each class will also provide guided meditation instructions and discussion, a talk on the Buddha's teachings (presented in a non-sectarian way), and a question and answer time.

There is no charge for the classes. Voluntary contributions will be accepted for the teachings.
To register for the class, please contact John Holl at 619-546-6525 or johnholl@cox.net,
or after June 6, Bob Isaacson at boisaacson@yahoo.com.