

New to Meditation or wanting to refine your meditation practice? Begin your journey here.....

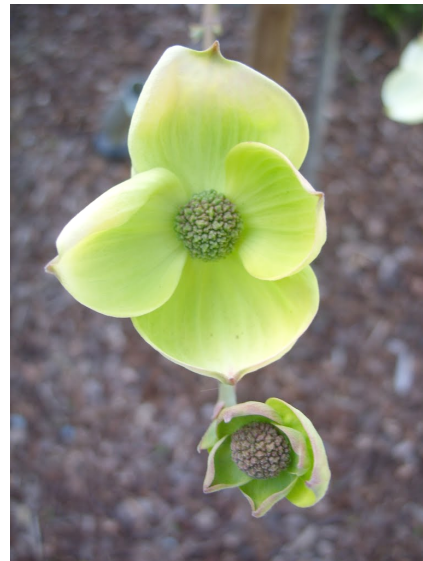
***MONTHLY
INSIGHT / VIPASSANA
MEDITATION SERIES***

w/ Chas DiCapua

Sat. 4-6p

Dates: 2/4, 3/3, 4/7, 6/2 (5/5 confirmed soon)

\$10 plus suggested donation (see below)



Many have wanted to begin or cultivate a meditation practice. In fact, due to the nature of our busy, sometimes hectic lives, it is in many ways essential to our health and well being. Much research has recently been conducted that shows the beneficial effects of meditation. ***Join Chas for our monthly Insight Meditation series.*** We will meet once a month to learn, practice and explore the art and science of meditation.

Vipassana or Insight Meditation is a simple, yet profound meditation practice that has the ability to transform how we experience the world. Through the cultivation of moment to moment awareness, life is seen how it actually is, not how we think it is, or want it to be. We discover that it is possible to have a more harmonious relationship both personally and with the world around us. This understanding has a profound effect on our lives. It is the catalyst that allows us to let go of the thoughts and behaviors that get in the way of true happiness. The ease, the peace, of this state, is where our hearts can begin to finely come to rest.

During the monthly 2 hr class such questions as: What is the purpose of Meditation? What are the benefits of Meditation? and of course, how to meditate will be explored. The type of meditation being offered is called Vipassana, which translates into “seeing clearly” and comes from the 2,500 year old Buddhist Meditation traditions of South East Asia. Students will be given instruction in Sitting, Standing and Walking Meditation. There will always be ample time for questions and discussion, although the main thrust of each class will be experiential – practice, practice, practice!

Suggested Donation ~ These teachings are given free of charge as is the custom passed on by previous teachers. In Asia, meditation masters are supported by the community. Here in America, their livelihood is supported by donations. We will have a basket set out for this intention. Please give freely, what ever you are able, in exchange for these teachings.



Chas has been practicing mindfulness and Buddhist meditation, primarily in the Theravada school, for over 20 years. He has trained with Burmese meditation masters, western monastics of the Thai Forest tradition and senior western Vipassana teachers. Chas has spent over 2 years of combined time in silent, intensive retreat. In 2003 Chas was invited to be the Resident Teacher at the Insight Meditation Society where he continues to serve in that role. Chas is a graduate of the four year joint Insight Meditation Society / Spirit Rock Teacher Training Program led by Jack Kornfield, Joseph Goldstein and others. He is interested in how the basic material of our everyday lives, including relationships, can be used as a vehicle for awakening. Chas teaches retreats at IMS, at various centers and sanghas throughout the country, and offers Spiritual Counseling for individuals.

~ REGISTER AT STUDIO OR EMAIL info@ldyoga.com ~

