



Insight Meditation Community of Washington
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Explore, Practice & Share...

*“The Buddha’s Masterpiece”**

Satipatthana – The Foundations of Mindfulness

2010 Practice Group Facilitated by Carl Skooglund

Satipatthana, a.k.a. the Foundations of Mindfulness, is itself a foundation of the Dharma. With satipatthana, the Buddha used vipassana insight meditation to investigate and directly experience the nature of reality and the freedom that comes with it.

The satipatthana group is an opportunity to explore, practice and share this teaching with others in a small group setting. Prior experience with the teaching is not necessary, but participants should be willing to devote a portion of their dharma study and sitting practice to satipatthana. In addition to the original discourse, there are many commentaries available online and in books.

When: We will meet every 3rd Saturday of the month, 3-5:00 PM over the course of 2010. An optional potluck dinner will follow.

Where: Carl’s Home in Glover Park, DC – 4100 W Street NW, #418, Washington, DC 20007; home phone (202) 337-0325. Carl can provide directions if you like.

You may email Carl to express interest in joining (cmskooglund@verizon.net) or call if you have questions (cell (202) 510-3283). The size of the group may be limited to eight participants. Dana donations will be collected at each meeting on behalf of IMCW.

The Facilitator: Carl Skooglund has been practicing vipassana since 1993 and sits on the IMCW Teachers Council. He has participated in IMCW’s Kalyana Mitta (KM) groups since 1996. Carl has led family and teen classes since 2000. In 2008 he completed the three-year Community Dharma Leadership program sponsored by the Spirit Rock Meditation Center.

* As referred to by Bhante Buddharakkhita of the Bhavana Society monastery