



INSIGHT MEDITATION COMMUNITY OF WASHINGTON

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202.986.2922

presents

MEDITATION CLASS

with

Carole Rogentine, Adam Asare and Debbie Ratner

An opportunity to deepen meditation and mindfulness practice through instruction in sitting and walking meditation, gentle yoga, short talks and Q & A. Insight, mindfulness meditation emphasizes a calm, centered awareness of mind and body. For beginning and more experienced students

WHEN: **MARCH 1, 8, 15, 22; APRIL 5, 12 19, 26; MAY 3, 10**

TIME: **7:30-9:00 PM**

WHERE: **Cedar Lane Unitarian Church, 9601 Cedar Lane - Bethesda, MD**
Located near NIH and the Red Line Medical Center Metro Station

FEES: **SPRING SESSION \$70**
\$8 SINGLE CLASSES

FOR INFORMATION CONTACT CAROLE ROGENTINE,
CROGENTINE@GMAIL.COM, 301-530-6386

TO REGISTER FOR THE SPRING SESSION, SEND REGISTRATION FORM AND FEE TO CAROLE ROGENTINE. (see form at bottom of flyer)

Carole Rogentine has meditated for many years. She completed the Barre Center for Buddhist Studies course, Mindfulness-Stress Reduction, and Bhavana Society teacher training and has taught meditation for several years. Adam Asare, has been practicing meditation since 1995. He has completed the Dedicated Practitioner's Program at Spirit Rock Meditation Center and teacher training with Matt Flickstein. Debbie Ratner Helzer has been meditating for over 15 years and has trained with Joseph Goldstein and other senior Vipassana teachers at Insight Meditation Society. She was a Theravadan nun for a year in Burma.

(for directions and registration form, please turn over)

From Washington, DC:

Go north on Wisconsin Ave (Rt. 355) which becomes Rockville Pike, through downtown Bethesda, past the Naval Hospital to Cedar Lane. Turn right at the traffic light onto Cedar Lane, and continue .7 miles to the Church entrance (marked by a low sign) which is on the right near the top of the hill (second driveway after the light at Beach Drive).

From the Beltway Outer Loop (westbound I-495):

Take exit #33, which splits into two ramps. Bear right and take the one marked "Connecticut Avenue North, Kensington." When you get onto Connecticut Avenue, move to the left lane *as soon as possible*. Turn left at

the traffic light onto Beach Drive. Follow Beach Drive about .5 miles through the park to a traffic light at Cedar Lane. Turn right onto Cedar Lane and proceed up the hill to the Church entrance which is marked by a low sign.

From Virginia via the Beltway Inner Loop (eastbound I-495):

Exit #36, Old Georgetown Road, south towards Bethesda; turn right onto Old Georgetown Road. At third light, turn left onto Cedar Lane. Continue on Cedar Lane crossing Rockville Pike (Rt. 355, Wisconsin Ave). Church is .7 miles past Rockville Pike. The Church entrance (marked by a low sign) which is on the right near the top of the hill (second driveway after the light at Beach Drive).

Metro:

Closest stop is the Red Line's *Medical Center*. Walk north about .5 miles on Rockville Pike/Rt 355 to Cedar Lane and .7 miles east on Cedar Lane, or take Ride-On bus which stops near the corner of Beach Drive and Cedar Lane. Ride-On bus #34 goes up Cedar Lane.

To register for spring session, detach and send the form below with your \$70 registration fee to

Carole Rogentine

5510 Oakmont Ave.

Bethesda, Md. 20817

Yes, I/we want to attend the spring session

Name _____

Address _____

City _____ ***State*** _____ ***Zip*** _____ ***telephone*** _____

Email _____

I have enclosed my fee of \$70 made out to "Cedar Lane Unitarian Church".

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