



NEW WEEKLY IMCW CLASS:

Monday Night Meditation Class “The Teachings of the Buddha”

led by Hugh Byrne
Monday evenings 7:30-9:00PM
Starting Nov 9th

In this weekly Monday night class Hugh will present the major teachings of the Buddha. We will begin with his central teaching on suffering and the end of suffering, the Four Noble Truths, followed by the Buddha’s path to liberation—the Noble Eightfold Path—and continue focusing on the core teachings of the Dharma and how they relate to our daily lives.

Location: St Albans Parish (Nourse Hall), 3001 Wisconsin Ave NW, Washington, DC 20016-5006

Directions: <http://www.st-albans-parish.org/> Adjacent to the National Cathedral

Parking: Ample parking is available in the Cathedral Parking lot after 3PM.
Buses (32) run from the Tenleytown/AU Metro every 10 minutes and stop directly in front of Nourse Hall. Pick up and drop off at the Metro can also be arranged.

The meditation period begins promptly at 7:30: Please make every effort to arrive on time and enter the sanctuary mindfully. Please feel free to come early for an informal orientation if you are new to the practice.

Teacher: *Hugh Byrne, PhD*, is a member of the Teachers Council of the Insight Meditation Community of Washington and has been teaching since 2000. A co-founder of the Washington Buddhist Peace Fellowship and the Mindfulness Training Institute of Washington, Hugh has taught retreats nationally with Jack Kornfield, Tara Brach and Phillip Moffitt. He teaches classes on Buddhism and meditation for the Smithsonian Resident Associates Program and leads three weekly meditation classes in Washington, DC: <http://www.hugh-byrne.com/>

Please bring a blanket or cushion if you want to sit on the floor (chairs available).

Please feel free to contact Steve Zappalla at szappi1@hotmail.com or 571-271-7284 for further details or assistance.