



# ***Weekly Mindfulness Meditation Classes***

*with*

**Hugh Byrne**



**Tuesday evenings  
8-9 p.m.**

Flow Yoga Center  
1450 P Street, NW  
Washington, DC \*

The classes consist of a short introductory talk on Buddhist Mindfulness Meditation, a 25-30 minute period of sitting meditation, with instructions, and a period of discussion. The six-week intro series, “Cultivating a Meditation Practice,” provides systematic instructions on working with the breath, bodily sensations, emotions and mind states, sounds, thoughts, and all elements of our experience to develop concentration and cultivate insight. *Bring a cushion or kneeling bench if you want to sit on the floor (blankets and chairs available).*

Flow Yoga ([www.flowyoga.com](http://www.flowyoga.com)) also sponsors monthly half-day mindfulness meditation workshops.

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Hugh Byrne ([www.hugh-byrne.com](http://www.hugh-byrne.com)) teaches with IMCW. He has studied Buddhism and meditation in the United States, Europe and Asia and is co-founder of the Washington Buddhist Peace Fellowship. Hugh teaches a number of classes on Buddhism and meditation in the Washington area.

- Accessible by Red Line Metro, bus or car. Four blocks from the Dupont Circle Metro.