

# *FAMILY MEDITATION*

*All Souls Church and The Insight Meditation Community of Washington*

October 2009-May 2010

## ***THE TEACHERS***

Jennifer Jordan has practiced in the Zen tradition since 1989 and is a student of Thich Nhat Hanh. She has attended IMCW offerings since 1998 and Family Meditation since 2005. Jennifer started assisting the FM class in early 2009. She and her partner, Skip, have three children, aged 8, 5 and newborn.

Ofosu Jones-Quartey has practiced meditation since 1998 with an emphasis on vipassana practice and Madhyamaka philosophy. He is part of the Bhavana Society community in High View, WV. Ofosu is also an accomplished musical artist and founding member of the Buddhist-inspired Hip Hop band, Shambhala. ([www.shambhalatrue.com](http://www.shambhalatrue.com)) He has assisted the FM class since 2007. Ofosu and his partner, Ayana, have two children, aged 3 and 5.

Stig Regli has practiced vipassana the mid-1980's. Stig sits on the IMCW Teachers' Council and in 2008 completed the 3-year Community Dharma Leader (CDL) training program of Spirit Rock Meditation Center. Stig has assisted the FM class since 2006 and teaches adult classes as well. He and his partner, Melanie, have two children, aged 6 and 8.

Carl Skooglund created the FM class in 2000 and has been practicing vipassana with IMCW since 1993. Carl also sits on the IMCW Teachers' Council and completed the CDL program in 2008. He and his partner, Lisa, attend All Souls Church and have two children, aged 10 and 16.