

All Souls meditation classes—March through June 2010—teachers and topics

For the coming months we will be teaching on the Five Hindrances—the mind states of sense desire, aversion, sloth and torpor, restlessness and worry, and doubt—that make meditation and opening to our experience difficult; and will be exploring ways of working with the hindrances and cultivating wholesome and beneficial states of heart and mind.

March 7 – Hugh Byrne

March 14 – Hugh Byrne (2nd Sun—potluck)

March 21 – Hugh Byrne

March 28 – Hugh Byrne

April 4 – Ken Yamaguchi-Clark

April 11 (2nd Sun—potluck) – Ken Yamaguchi-Clark

April 18 – Ken Yamaguchi-Clark

April 25 – Hugh Byrne

May 2 – Hugh Byrne

May 9 (2nd Sun—potluck) – Klia Bassing

May 16 – Ken Yamaguchi-Clark

May 23 – Ken Yamaguchi-Clark

May 30 – Vicki Goodman

June 6 – Hugh Byrne

June 13 (2nd Sun—potluck) – Klia Bassing

Jun 20 – Klia Bassing

Jun 27 – Vicki Goodman