



Insight Meditation Community of Washington

Half-day Mindfulness Meditation Retreats

at

Flow Yoga Center

1450 P St., NW

led by Hugh Byrne, Ph.D.

On the following Saturdays in 2009—from 1.30-5.30 pm

**January 10; February 21; March 14; April 4; May 2; June 6; July 11;
September 12; October 3; and November 7**

Insight, or mindfulness, meditation is the simple practice of paying attention on a moment-to-moment basis to our own direct experience. This practice of mindfulness allows us to see more clearly our patterns and habits of holding and resistance, and to accept more fully the pleasure and pain, fear and joy, sadness and happiness that occur in life. As our insight deepens, we develop greater peace and equanimity in the face of change, and wisdom and compassion increasingly become the guiding force in our lives.

This class, which is open to new and experienced practitioners, will provide systematic instructions on working with all elements of our experience to deepen awareness and cultivate insight. We will alternate periods of instruction, sitting and walking meditation and Q&A.

Please bring a cushion (zafu) or kneeling bench if you plan to sit on the floor. Blankets are provided

Cost \$40. For directions and registration: www.flowyogacenter.com

**Hugh Byrne teaches with the Insight Meditation Community of Washington. 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 classes and retreats in the Washington area and nationally.*
www.hugh-byrne.com

www.imcw.org