

Julie Tato, a regular guest speaker at Taos Mountain Sangha, has practiced meditation since 1988, primarily Vipassana, with Marcia Rose, Sharon Salzberg, Ven. Tsoknyi Rinpoche, and many others. An instructor of Mindfulness-Based Stress Reduction, she has a particular interest in Lovingkindness meditation and in practice in daily life. Julie also teaches meditation with youth and with those recovering from loss. She has lived, worked, & practiced in spiritual community, including many years at the Lama Foundation near Taos and at the Insight Meditation Society in Massachusetts. Julie also works locally supporting people with disabilities and their families.