

Meditation Class

Introduction to Insight Meditation

Tuesdays, NOVEMBER 6, 13, 20, 27 in the Annex at First Christian Church, 645 Webber Street, 5:45 – 7:00 pm. Includes Breath Meditation; Mindfulness; Meditation with Thoughts, Attitudes, and Emotions; Cultivating Loving-Kindness.

The class is useful for newcomers to Insight Meditation, and anyone seeking a refresher course or support for an ongoing practice. It is sponsored by the Santa Fe Vipassana Sangha, www.santafevipassana.org.

\$20 for four classes covers rent and administrative expenses. There will also be an opportunity to offer donations to the teacher. For more information and to REGISTER, contact Joan Mitchell at introclass@santafevipassana.org, or 983-2475.