

*Albuquerque Insight Meditation Center*

# **Introductory Meditation Class**

Led by Randi Schweitz

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**April 10<sup>th</sup> - May 1<sup>st</sup>, 2017**  
**Mondays, 6:30 – 8:00 p.m.**

*Students at all levels of  
practice are welcome!*

Insight Meditation is a simple technique that develops our natural capacity to be aware. It calms and concentrates the mind and cultivates a stable, non-judgmental awareness that can bring clarity and serenity to daily life.



Cost: \$15 Administrative  
Fee payable at first class.  
Make checks to AVS. Dana is  
the practice of generosity and  
can be offered to the leader if  
you choose.