

Albuquerque Vipassana Sangha presents...



LIVING THE BUDDHA'S TEACHINGS

A RESIDENCY WITH

ANNIE NUGENT

MAY 11-19

Dharma Talks

Thursday, May 12, 6:30PM-8PM

Thursday, May 19, 6:30PM-8PM

Discussion Groups

Wednesday, May 11, 7PM-8:30PM

Wednesday, May 18, 7PM-8:30PM

Individual Practice Interviews

Friday, May 13, 1PM-5PM

30-minute appointments available. Sign up in advance in the AVS lobby or contact Fred Herman, fherman894@aol.com 505-275-3983.

"THE EXCEPTIONAL GIFT OF MINDFULNESS" **A WEEKEND RETREAT**

Saturday, May 14 and Sunday, May 15 9:30AM-4PM

With the support of the core teachings of mindfulness, this retreat will familiarize us with the habitual tendencies of mind and how to work with them, allowing us to incorporate the practice into our lives – thus we learn to live the Buddha's teachings.

Chairs and cushions available. Bring your lunch and anything else you need for your best comfort.



Annie has practiced in the Theravada and Tibetan traditions since 1979 under the guidance of a range of teachers including Sayadaw U Pandita, Tulku Akong Rinpoche, Sayadaw U Teijanea and various western teachers. She was the resident teacher at the Insight Meditation Society from 1999-2003 and has since been teaching elsewhere in America, including the annual IMS three-month retreat and The Forest Refuge. Her teaching style aims to reveal how our all aspects of our lives are opportunities to develop a clear and direct understanding of the Truth.

All events held at Albuquerque Vipassana Sangha, 200 Rosemont Ave. NE
For more information contact Fred Herman, fherman894@aol.com 505-275-3983