

Embodying Mindfulness

A Day of Meditation



A Non-Residential Retreat in Albuquerque with Dharma Teacher

DaeJa Napier

Saturday, July 23, 2005

10:00am – 4:30pm

Location: Joan Granger's home, 1157 Laurel Loop NE, Albuquerque

Map Link: [1157 Laurel Loop NE](#)

Directions: From TRAMWAY BLVD (via I-40 or I-25 (Paseo del Norte exit best)), SAN RAFAEL is one traffic light north of ACADEMY or 3 traffic lights south of PASEO DEL NORTE. At SAN RAFAEL turn east (toward the mountains) go 4 blocks counting on the left side of the street only to LAUREL LOOP. Go North (left) on Laurel Loop in and out of two small arroyos. When you come out of the second bigger one the driveway is on the right with the numbers 1157 on the mailbox (sometimes if the flag has been pushed too far down you only see 157). You can park behind the garage and along the left side of the driveway. Please leave plenty of space for walking meditation.

Registration: Contact Vicki Gottlieb h: 294-7338 c: 379-2846
vicki.gottlieb@state.nm.us

Fee: Voluntary donation (dana) Please bring your own lunch, drinks and sitting cushions.

DaeJa Napier is the founding and guiding teacher of the Brahma Vihara Foundation. She has studied and practiced in various Buddhist traditions for nearly thirty years and been teaching for sixteen years. Her root teacher is Zen Master Seung Sahn. Although her practice and teaching have been influenced by many teachers, she has been most profoundly inspired by her contact with Punjabi of Lucknow and Joseph Goldstein of the Insight Meditation Society in Barre, MA. Recently she has been in intensive practice at The Forest Refuge in Barre MA, under the guidance of Joseph Goldstein and Sayadaw U Janaka.

DaeJa responds to dharma students with intuitive precision and insight mirroring nuances of the awakening process that unfold naturally when practicing vipassana (insight meditation) and the brahmaviharas. Her conveyance of the Buddhist teachings reflect many qualities cultivated as a result of maintaining a formal practice over thirty-six years of mothering five children.