

Extended Dharma Visit

with

Brian Lesage

February 17 – 20, 2011

Sponsored by the Albuquerque Vipassana Sangha
abqsangha.org

- Thursday 2/17 Meditation and Dharma Talk – “Equanimity”
6:30 p.m. Wat Buddhasothorn Temple
- Friday 2/18 Scheduled Practice Discussions throughout day
Evening Study Group: “Exploring Equanimity”
6:30 – 8:30 p.m. Home of Kempton Lindquist*
*Together we will explore the cultivation of equanimity in response to individual as well as collective challenges that we face in our lives. We will read a few excerpts from two discourses of the Buddha. We will also read an essay by Joanna Macy that addresses our spiritual practice in light of collective challenges such as climate change.**
- Saturday 2/19 A Mindfulness Hike in Noble Silence**
9:00 a.m. - 1:00 p.m.
Scheduled Practice Discussions in afternoon.
- Sunday 2/20 Half-Day Sit at The Source: “Equanimity”
Evening 9:00 a.m. - 1:00 p.m. (3538 Anderson Street SE)
Dharma Talk - “Sympathetic Joy”
6:30 p.m. Bhava Yoga Studio (520-A Central)



Brian Lesage has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He has studied in the Zen, Theravada and Tibetan schools of Buddhism. He was ordained in the Rinzai Zen tradition in 1996. His training in Vipassana Meditation includes doing extended meditation retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. Brian also has a private practice in Somatic Experiencing, which is a naturalistic approach to healing trauma. Brian lives in Arizona and visits our sangha several times a year to sit with us and give dharma talks.

*See website for location and readings

**Contact: Anne Arkin for hike details - aearkin@salud.unm.edu (867-3007).

Brian is available by appointment for individual discussion. Sign up sheet is on the Sangha table or contact Tiska by phone 505-256-3785.