



"If we look closely, with compassion and love, we can see the dharma in everything—without exception"—
DaeJa Napier

Two Days for Meditation and Dharma Inquiry with DaeJa Napier

Saturday, July 14: Daylong Retreat: 10am – 4:30 pm

Sunday, July 15: Practice and Discussion:

9:30 – 12:30 and 1:30 – 4:30

You are invited to participate in any or all of the sessions

Location: Bethany House at Norbertine Center (directions on back)

DaeJa Napier is the founding and guiding teacher of the Brahma Vihara Foundation. She teaches Insight meditation with a particular emphasis on the Brahma-Viharas. She has studied and practiced in various Buddhist traditions since 1972 and has taught since 1986

Dana for the teacher: Dharma teachers in this tradition receive no fees; they depend on the generosity of the community for their livelihood. There will also be an opportunity to offer support for the sangha if you wish.

Presented by Albuquerque Vipassana Sangha, Contact Valerie Roth at 505 688-9005/
valerie.roth2@gmail.com

Norbertine community is at 5825 Coors Blvd SW

Directions: I- 25 south to Rio Bravo Blvd Exit 220 West

Continue west on rio Bravo, crossing the river and passing Isleta Blvd.

At the intersection of Rio Bravo and Coors (you'll see Walmart on the left) turn left and go south on Coors.

Continue south about 2.7 miles, past Pajarito Rd (traffic light). – about 500 yards: the road to Norbertine is on the right (there is a sign.)- turn right and continue up the hill and along the dirt road until reaching the parking lot (paved).

As you approach the parking lot, Bethany House is seen on the right side. Park in the lot and walk around the building to the entry.

Sitting: bring floor equipment if you wish; chairs are available.

Food: bring a bag lunch if you plan to stay all day, either day. Hot and cold beverages will be available, along with fresh fruit and cheeses. You may bring food to share if you wish.