

# Alexis Santos

Visiting Dharma Teacher



## *Developing a Wise Understanding of Practice*

*As Sayadaw U Tejaniya points out, As Sayadaw U Tejaniya points out, "awareness alone is not enough." In combination with wise attitude and right views, our practice can continue to unfold in the direction of greater freedom, understanding and responsiveness. This will be a day of practice, open to all. There will be opportunities for practice discussion and questions.*

Saturday, April 23, 2016

Daylong Retreat 10:00 a.m. – 4:00 p.m.



Alexis has practiced Insight Meditation in India, Burma and the US since 2001. He met Sayadaw U Tejaniya in Burma in 2003 and has been his long-time student, including several years of training as a Buddhist Monk under his guidance. Alexis' teaching emphasizes knowing the mind through a natural and relaxed continuity. He brings a practical, intuitive and compassionate approach to the development of wisdom. He is in the current Spirit Rock/IMS Teacher Training and can be found teaching retreats throughout the US and Europe.

*\*\*\*\*Please bring lunch for yourself. Chairs and cushions will be available. Bring what else you may want for your best comfort.*

Event will be held at the *Albuquerque Vipassana Center*  
200 Rosemont Avenue, NE ABQ, NM 87110  
(near Mountain Road and Broadway Street)

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