

A Residency with

## **DAEJA NAPIER**

Thursday, July 28 through Sunday July 31, 2011

Sponsored by Albuquerque Vipassana Sangha

*We're drawn to practice out of desire for freedom from suffering. We accept the Buddha's invitation to "come and see" for ourselves and engage in the practices he taught for cultivation of wise understanding and compassion.*

*How do we learn to recognize and further cultivate the benefits and fruits of our practice – both in meditation and in daily life? This is the focus of our discussion with Dharma teacher DaeJa Napier.*

### **SCHEDULE OF EVENTS**

Thursday, July 28: Meditation and Dharma Talk, the Wat Buddhasothorn Temple, 6:30 p.m.

Saturday, July 30: A Day for Practice & Discussion, 9:30 – 12:30 and 2:00 – 5:00 (see flyer)

Saturday, July 30: Community Potluck, 6:00 p.m. at Christine Hall's home, 10315 Propps NE. There's a directions link on our web site or call 268-3895

Sunday, July 31: Individual 30-minute practice discussion appointments are available. Contact Fred Herman 323-8159 or fherman894@aol.com

Sunday July 31: Meditation and Dharma Talk, Bhava Yoga Studio, 6:30 p.m.

***DaeJa Napier has been teaching vipassana meditation in combination with the cultivation of the four brahma-viharas for the last thirty years. She has trained in the Zen and vipassana traditions with both Asian and Western teachers. Her emphasis has been on the cultivation of formal and informal practice in everyday life while she raised five children over the last forty years.***

For more information, go to our web site [abqsangha.org](http://abqsangha.org) or contact Valerie Roth at 688-9005 or [valerie.roth2@gmail.com](mailto:valerie.roth2@gmail.com)