

Albuquerque Vipassana Sangha

Half Day Retreat with James Baraz
Awakening Joy

Sunday April 4, 2010

9:00 am to 1:00 pm

Location: The Source

website <http://thesourceabq.com/>

1111 Carlisle Blvd SE

Cross street is Anderson between Gibson and Coal

James Baraz has been teaching meditation since 1978 and the Awakening Joy course since 2003. He leads retreats, workshops and classes in the U.S. and abroad and is a founding teacher of Spirit Rock Meditation Center in Woodacre, California.

James is co-author with Shoshana Alexander of *Awakening Joy*, a new book based on the course. In addition, James is on the International Advisory Board of the Buddhist Peace Fellowship. He lives with his wife Jane in the Bay Area, has two sons and three grandchildren.

Please bring a bag lunch.

Also bring a cushion or bench, if you wish. Chairs will be provided.

For more information check our website:

<http://www.abqsangha.org>

Register in advance as space is limited:
Valerie Roth 688-9005