



*Albuquerque Vipassana Sangha presents*  
*a Daylong Retreat with **DaeJa Napier***  
***Patience: the Wisdom of Slowing Down***

**Sunday, January 27, 2013    9:30 am - 4 pm at the Source**

DaeJa Napier is the DaeJa Napier is a Dharma Teacher in the Vipassana Tradition. She teaches Vipassana with an emphasis on the cultivation of the four Brahma Viharas, loving kindness, compassion, appreciative joy and equanimity. She has been practicing and studying in various Buddhist traditions since 1974, under the guidance of prominent Asian and Western teachers. DaeJa has dedicated her life to exploring the traditional pathways to awakening and their application in daily life. She is the mother of five adult children.

This daylong retreat will consist of sitting and walking meditation; DaeJa will set the schedule, and will offer teachings and discussion of practice during the course of the day.

**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.

the Source is located at 1111 Carlisle, corner of Anderson, about 6 blocks north of Gibson

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

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