



Two Days
For Meditation and Dharma Inquiry

with

DAEJA NAPIER

February 4 and 5, 2012

Presented 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 leading to liberation from suffering.

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 ongoing discussion with Dharma teacher DaeJa Napier.

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.

This opportunity for practice and discussion will occur over two days, from 10 am – 4 pm.

Location: The Source 1111 Carlisle Ave. corner of Anderson.

Chairs are available; bring equipment for floor sitting. Bring a bag lunch

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.

Contact Person for more info: Valerie Roth 688-9005 or valerie.roth2@gmail.com