



A DAY FOR PRACTICE & DISCUSSION

with

DAEJA NAPIER

Saturday, July 30, 2011

At the home of Ann Peterson in Corrales, NM

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.

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.

This opportunity for practice and discussion will occur in two sessions, from 9:30 – 12:30 and 2:00 – 5:00. Everyone is welcome to attend either or both of the sessions.

Location: Contact Valerie Roth 688-9005 or valerie.roth2@gmail.com for the address and directions to Ann's home.

Chairs are available; bring cushions or benches for floor sitting. Bring a bag lunch if you wish to attend both sessions.

Dana for the teacher: Dharma teachers in this tradition receive no fees; they depend on the generosity of the community for their livelihood.

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.

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