

JOIN US SUNDAY, MAY 17TH

for a special half day with visiting teacher

PHILLIP MOFFITT

author of

DANCING WITH LIFE

Buddhist Insights for Finding Meaning and Joy in the Face of Suffering

What Makes The First Noble Truth Noble

Liberation starts with the understanding of the 3 insights of the First Noble Truth. In fact, it is the realization of these insights that form the foundation and the motivation for our spiritual journeys and can help guide you through these difficult and uncertain times.

Sunday, May 17th

9AM-1PM

The Source, SW corner of Carlisle and
Constitution SE. 1111 Carlisle SE.

To register, contact Fred Herman at fherman894@aol.com
or call 505-323-8159.

PLEASE REGISTER IN ADVANCE as seating is limited.

There is no fee for the day. Dana only. *

*Dana is not a tip, nor is it in exchange for receiving the Teachings of the Buddha. Dana a practice and is a way in which we can express gratitude and practice our kindness, generosity and letting go with awareness.



Phillip Moffitt Bio:

Phillip Moffitt is the founder and president of the Life Balance Institute, a non-profit organization devoted to the study and practice of spiritual values in daily life, and a member of the Teachers Council at Spirit Rock Meditation Center in Northern California. He teaches vipassana meditation at retreat centers around the United States and holds a weekly meditation class in Marin County, California. Phillip is the author of *Dancing with Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering* (Rodale, April 2008) and has written for numerous magazines, including *Yoga Journal*, *Body and Soul*, and *Shambhala Sun*.

Books will be available for purchase for \$20.

Please bring cash or checks made out to Phillip Moffitt.

Phillip will be signing books at the end of the workshop.