

## Weekly Vipassana/Mindfulness Meditation Practice Class At Breathe Books, Hampden

**When:** Sunday evenings, 6:30-8pm pm (summer: March – November); 5:30-7pm (winter: November – March); changes with daylight savings time. We hold an Intro to Vipassana Meditation on the 1<sup>st</sup> Sunday of each month, 30 minutes prior to class; quarterly social potlucks; and a daylong retreat every couple of months.

**What:** Each class includes

- Guided sitting meditation (with teaching) and either walking meditation or mindful movement/gentle yoga
- A short teaching on mindfulness/Insight Meditation
- Discussion about applying mindfulness and compassion to our daily lives
- Lovingkindness meditation

**Alternate Format:** When Trish is absent, there is a silent 30-minute sit followed by a recorded dharma talk by a nationally known Insight Meditation teacher.

**Where:** breathe books (2nd floor room, “second wind”), 810 W. 36<sup>th</sup> St, “The Avenue” in Hampden, Baltimore, MD 21211. See [www.breathebooks.com](http://www.breathebooks.com) to confirm schedule/times.

**Who?** Those who enjoy practicing mindfulness/vipassana in a group. We’re a friendly group made up of those exploring mindfulness for the first time, vipassana practitioners of all levels, and MBSR graduates. Everyone is welcome.

**How much? No set charge, donation only.** Donations are gratefully received and go to cover the weekly rent for the class, to the teacher, and to IMCW.

**Directions:** *From I-83, Take 28<sup>th</sup> Street exit; left at bottom of ramp onto Sisson (turns into Keswick Rd); left onto 36<sup>th</sup> (The Avenue); breathe books is one block on right. Park on the street--its free on Sunday. Enter from side porch stairs.*

**Teacher:** Trish Magyari, MS, has studied both Eastern and Western forms of meditation for over 30 years, and Insight Meditation for the past 15. She has been on the IMCW teacher’s council since late 2005, is a professional Mindfulness-Based Stress Reduction (MBSR) teacher, and is a practicing Quaker.

**Questions?** Contact Trish Magyari, [trish@mindful-healing.org](mailto:trish@mindful-healing.org), 443-939-0232. See [www.mindful-healing.org](http://www.mindful-healing.org) for other mindfulness offerings.

Co-Sponsored by IMCW. [www.imcw.org](http://www.imcw.org).