

“CULTIVATING MINDFULNESS, OPENING TO WISDOM
AND COMPASSION”

A Daylong Buddhist Meditation Retreat with Hugh Byrne
Chestertown, MD
March 29, 2008

On Saturday, March 29, 2008, the Insight Meditation Group of Chestertown will sponsor a Daylong Retreat at the Chester River Friends Meeting, 124 Philosophers Terrace, Chestertown. The retreat will be from 9:00 a.m. to 4:30 p.m. Hugh Byrne, from the Insight Meditation Community of Washington, will be leading the retreat. Hugh has studied and practiced Buddhism (in the Theravadan and Zen traditions) in the U.S., Europe, and Asia. Hugh is a co-founder of the Washington Buddhist Peace Fellowship. He teaches classes on Buddhism and meditation for the Smithsonian Resident Associate Program.

The retreat is suitable for beginning meditators as well as for those with some meditation experience.

Participants are asked to bring a bag lunch (beverages will be provided) and a cushion for sitting. Chairs and benches will be available for those who prefer not to sit on the floor.

To register for the daylong retreat send a check, payable to the Chester River Friends Meeting, to Anne Briggs, 220 N. Kent Street, Chestertown, Maryland 21620. The registration fee is \$10.00. Please include your name, e-mail address and telephone number. The fee covers the expenses for the event; there will be an opportunity to make a donation toward the work of the teacher, whose instruction is freely given.