

Weekly Meditation Classes at the Fairfax Sun and Moon Yoga Studio Sunday Evenings from 7 to 8 P.M.

Jon Waterman leads weekly meditation classes at the Fairfax Sun and Moon Yoga Studio, located a few blocks east of Fairfax City in the Main Street Plaza. The studio has two beautiful rooms for practice with plenty of props for both newcomers or those who wish to leave their meditation cushions at home. The studio is particularly quiet and peaceful on Sunday evenings. Local restaurants and plenty of parking are convenient additions.

Erika Neal began leading this class in 2001. In the summer of 2005, with Erika expecting her second child, Jon took over the class. The classes are open to all from beginners to long-time meditators. Some come on a regular basis, while others just drop in occasionally. For those interested in deepening their practice, half-day and daylong workshops and retreats are offered throughout the year.

The class is Applied Mindfulness, a secular approach to teaching meditation based on the core teachings of the Buddha but presented in a style similar to Mindfulness Based Stress Reduction (MBSR). We practice in the sitting posture, with integrated sessions of standing, walking and reclining meditation as well as mindful movement. The class format generally includes a 20 – 25 minute guided meditation, a short talk exploring how to cultivate our mindfulness both on and off the cushion, and when time allows an open discussion with questions and comments. I suggest that whenever possible, you wear loose, comfortable clothing for these classes.

Sun and Moon has generously offered the studio for our use on a donation basis that enables both weekly classes and some of the workshops and retreats to be offered in the spirit of dana, free of charge. The practice of dana (generosity), in the form of donations offered by students at the end of the class is appreciated, and helps me continue to make the teachings available.

For my personal background information, check out my bio on the IMCW website www.IMCW.org (look under Teachers) as well as the Mind-Body Health Associates web site www.mbha.net. Please email or call if you have specific questions.

Namaste,
Jon Waterman
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703-525-YOGA (9642) - - - <http://sunandmoonstudio.com/>

From Rt. 29/211 take 236 East (Main Street). Pass downtown Fairfax City. Located on the left in Main Street Plaza.

From I-495 take Rt. 236 West (Little River Turnpike). Little River Turnpike turns into Main Street. Located on the right in Main Street Plaza.

From Rt. 123 take Rt. 236 East (Main Street). Located on the left in Main Street Plaza.