



Insight Meditation Community of Washington  
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Dharma Study and Practice Program Presents:

# ***The Four Foundations of Mindfulness: The Buddha's Teachings on Meditation***

A six-week course to deepen understanding of the  
Buddha's core teachings and their application in our lives

led by Hugh Byrne, Ph.D.

**March 15 to April 19, 2010**

(This is a continuation of a class on the Four Foundations of Mindfulness offered in fall 2009.  
New participants are welcome to join and a full review of the theme will be provided.  
Course readings and materials are provided)

**Sliding scale--\$150 to \$100**

The foundational teaching of the Buddha on meditation—the *Satipatthana Sutta*, or the Four Foundations of Mindfulness—provides four basic mindfulness practices that help us to see clearly into habitual patterns in our lives that cause suffering, and to awaken to a natural and inherent freedom.

In this course we will examine in our own lives and practice the Buddha's core teachings on mindfulness of the body, feelings, mind states, and of our direct experience in the light of central Buddhist teachings.

The course will include talks on the Four Foundations of Mindfulness, periods of meditation practice, and discussion, with an emphasis on applications of the teachings and practices in daily life. Essential and background readings, and study questions will be provided.

Dates: Six Mondays from March 15 to April 19, 2010

Time: 7:30 – 9:30 pm

Location: St Albans Parish (Nourse Hall) 3001 Wisconsin Ave NW, Washington, DC 20016-5006  
Right next to the National Cathedral

Directions: <http://www.st-albans-parish.org/>

Cost: Sliding scale \$150 to \$100. Please choose the level that works for you. Suggested “drop-in” fee \$20 per class). Some scholarship support is available. (See over)

**Teacher:** *Hugh Byrne, PhD*, is a member of the Teachers Council of the Insight Meditation Community of Washington and has been teaching since 2000. A co-founder of the Washington Buddhist Peace Fellowship and the Mindfulness Training Institute of Washington, Hugh has taught retreats nationally with Jack Kornfield, Tara Brach and Phillip Moffitt. He teaches classes on Buddhism and meditation for the Smithsonian Resident Associates Program and leads three weekly meditation classes in Washington, DC:  
<http://www.hugh-byrne.com/>

**Please bring a blanket or cushion if you want to sit on the floor (chairs available). Space is limited and pre-registration is required.**

For information, to register, or apply for a scholarship please contact and/or mail the form below with your check (payable to IMCW) to:

**Steve Zappalla**  
119 Herndonmill Cir  
Herndon, VA 20170  
szappi1@hotmail.com, 571-271-7284

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Yes, I/we would like to register for the Four Foundations of Mindfulness class

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

I have enclosed a my total Registration Fee of \_\_\_\_\_. Checks payable to IMCW.

I have enclosed a \$50 deposit \_\_\_\_\_ to hold my space.

I have included a contribution to the IMCW Scholarship Fund of \$\_\_\_\_\_

*Your generosity supports a scholarship fund for people who might otherwise not be able to attend classes and retreats. If you would like to make a tax-deductible contribution, please add the donation to your deposit check and indicate the amount you are offering on this form.*

I am new to meditation (practicing less than a year) \_\_\_\_\_

Parking: Ample parking is available in the Cathedral Parking lot after 3PM  
Buses (32) run from the Tenleytown/AU Metro every 10 minutes and stop directly in front of Nourse Hall  
Pick up and drop off at the Metro can also be arranged.

**Additional Information:**

1. I can offer a ride from \_\_\_\_\_. I need a ride from \_\_\_\_\_.  
It is OK to share my email with other participants in nearby ZIP's: YES / NO. (Circle one)

2. I will need an assisted listening device \_\_\_\_\_ YES (For other disability-related accommodations, please contact Steve.)

**You will receive a confirmation and further details within one week prior to the event.**

