

TAKOMA PARK, MD SANGHA

By Luisa Montero-Diaz and Dori Langevin

The weekly class in Takoma Park was begun by Luisa Montero-Diaz in 1995 when the Willow Street Yoga (WSYC) Center wanted to provide meditation classes for their students. Lynn Kelly joined Luisa as a co-teacher a year later.

Since then, WSYC has expanded from one studio to four and their students number in the thousands. Lynn Kelly has moved on and Dori Langevin has recently begun to co-teach the class. Luisa is about to take a very special "retreat"* and we are looking forward to hearing the dharma from a variety of IMCW guest teachers in her absence.

WSYC continues to offer their lovely space (a large ground-level studio with hardwood floors--blankets and chairs are available) for our meditation class. The space is handicapped accessible and located in the heart of Old Town Takoma Park where it is easy to find parking.

Our weekly class, currently co-taught by Luisa Montero-Diaz and Dori Langevin

and managed by Rose Monsell, begins with the chanting of the Three Refuges. We sit together for 35 minutes with instruction provided. This meditation is followed by a 30 minute dharma talk presented by Luisa or Dori, leaving time for questions, sharing, and discussion. The dharma talks are based on the suttas (the classical teachings of the Buddha) and teachings from contemporary Buddhist teachers.

We enjoy the benefits of an intimate gathering of 25-30 attendees who have become familiar with each other and our way of teaching. Our class is small enough to allow opportunities for students to talk about integrating their meditation practice into everyday life.

The first Sunday of every month, we gather after class to socialize and share light snacks. Please join us.

Class meet Sunday evenings from 7:00-8:30 PM

Led by Luisa Montero-Diaz and Dori Langevin