

## WSYC 2010 TEACHING SCHEDULE AS OF 3/22/10

DATE	TEACHER	TOPIC	NOT AVAILABLE
Jan 3	Catherine	Consciousness	
Jan 10	Luisa	Intention	
Jan 17	Catherine	Stand alone	
Jan 24	Trudy	Topic of your choosing	Catherine, Luisa
Jan 31	Luisa	First Foundation of Mindfulness	Catherine
Feb 7	Trudy	Second Foundation of Mindfulness	Catherine, Luisa
Feb 14	Carole	Talk from Dec 22nd	Catherine
Feb 21	Trudy	Third Foundation of Mindfulness	Catherine
Feb 28	Catherine	Fourth Foundation	
Mar 7	Allan Lokos (Luisa facilitate)	Pocket Peace - Paramis	
Mar 14	Trudy	Futile Pursuit of Impermanence	Catherine
Mar 21	Luisa	Eightfold Path – Understanding	Catherine
Mar 28	Trudy	Eightfold Path – Intention	
April 4	Catherine	Eightfold Path - Action	Luisa
April 11	Carole	Eightfold Path – Speech	
April 18	Luisa	Eightfold Path – Livelihood	Catherine
April 25	Trudy	Eightfold Path – Effort	
May 2	Luisa	Eightfold Path – Mindfulness	Catherine
May 9	Catherine	Eightfold Path - Concentration	
May 16	Luisa	Check-in	Catherine
May 23	Alicia Bazan		Catherine, Luisa, Trudy
May 30			Catherine
June 6			
June 13			
June 20			Trudy
June 27	Catherine		Luisa, Trudy
July 4			Catherine
July 11			Catherine, Luisa
July 18			Catherine, Trudy
July 25			Luisa
Aug 1			Luisa
Aug 8			Luisa
Aug 12			Luisa
Aug 23			
Aug 29			
Sept 5			
Sept 12			
Sept 19			Catherine

DATE	TEACHER	TOPIC	NOT AVAILABLE
Sept 26			Trudy
Oct 3			Luisa
Oct 10			
Oct 17			
Oct 24			Luisa
Oct 31			Luisa
Nov 7			
Nov 14			
Nov 21			
Nov 28			Catherine
Dec 5			
Dec 12			
Dec 19			
Dec 26			

**Regular Teachers:**

Luisa Montero  
 Trudy mitchell-gilkey  
 Catherine Brousseau

**Local Guest Teachers:**

Adam Asare  
 Carole Rogentine  
 Alicia Bazan