

Mindfulness Meditation 101

- *Heard about the benefits of meditation?*
- *Interested in learning the fundamentals?*
- *Want to learn new skills for cultivating well-being and happiness?*

Join Hugh Byrne PhD, a guiding teacher with the Insight Meditation Community of Washington for this 6-week course to bring greater ease to your life.

Dates: Six Mondays, 7:30 – 9:00 pm, September 12 – October 24, 2016
(no class October 10)

Location: IMCW's Center for Mindful Living, 4708 Wisconsin Avenue, NW
Three blocks north of Tenleytown Metro—Red Line
On-street parking available

Cost: \$225 – includes text and all course materials

Register: Email us at info@mindfulnessstraining.org

Mindfulness meditation is a powerful approach to bringing awareness to our experience that has been practiced for thousands of years. Beginning with the focusing of attention on the breath, the practice concentrates and calms the mind. It allows one to see through the mind's conditioning and to live more fully in the present.

This series of six Monday evening classes introduces the practice of mindfulness meditation and gives an overview of helpful means of working with thoughts, difficult emotions, developing wisdom and deepening compassion. There will be guided and silent meditations, as well as time for sharing questions and insights about your practice of meditation. Instructions are gradually expanded each week and practiced during the week at home.

This course is particularly suited to those who are new or relatively new to practices of meditation and mindfulness – as well as those who would like to deepen or renew their practice.

Hugh Byrne, PhD, is a guiding teacher with the Insight Meditation Community of Washington and teaches for the Smithsonian Resident Associates Program. He has trained in MBSR and Somatic Experiencing, a mind/body approach to healing trauma. Hugh is a founding teacher of the Meditation Teacher Training Institute, and author of the Here-and-Now Habit.

Sponsored by:

Mindfulness Training Institute of Washington & Insight Meditation Community of Washington:
www.mindfulnessstraining.org & <http://www.imcw.org>