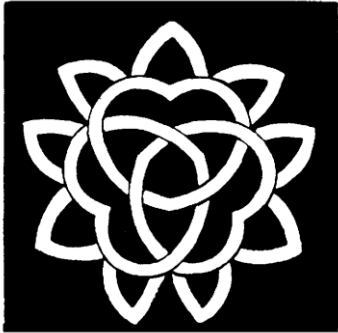


INTRODUCTION TO THE BUDDHA'S TEACHINGS

# Mental Fabrications: Traveling the Trains of Thought

## A Day of Meditation plus Qigong



with **Shaila Catherine & Kim Allen**

Saturday, May 15, 2010 9:30 am – 5:00 pm

Edwards Hall of St. Timothy's Church  
2094 Grant Road, Mountain View, 94040

This day long program includes silent sitting and walking meditation. There will be an optional qigong session from 10:30am to 11:30am. In the afternoon there will be a dharma talk and a study of The Honey Ball Sutta (M. 18).

No previous dharma study or meditation experience is required!

Bring a bag lunch.  
Chairs are provided and the floor is carpeted.  
Bring your own sitting cushion if you prefer to meditate sitting on the floor.

For more information, contact:  
Janet at (408) 761-9659 or  
awake@imsb.org

**Mark Your Calendars for  
Upcoming Saturday Daylong  
Programs:**

June 19 Seven Tools

Check the website for up-to-date  
themes and details.

**SHAILA CATHERINE** has been practicing meditation since 1980, with seven years of accumulated silent retreat experience and teaching since 1996. She studied at the Sharpham College for Buddhist Studies in England, and dedicated several years to studying with masters in India, Nepal and Thailand. She is the founding teacher of Insight Meditation South Bay based in Mountain View. She is the author of *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*.

**KIM ALLEN** trains in qigong and tai chi in the Bay Area and has been certified to teach Level 1 qigong by her original teacher in Seattle. These practices can provide foundational support for meditation by deepening awareness of the body, and for daily-life practice by encouraging relaxation and calmness during movement. Kim has practiced vipassana meditation since 2003 and serves as a meditation mentor. Her practice is inspired by harmony with nature.

**DANA:** Donations are gratefully accepted to support the teachers and organizational expenses.

**Presented by Insight Meditation South Bay**

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