

## **Introductory Meditation Class Series (5 class series)**

with Paul Irving and Pawan Bareja, Ph.D.

5 Thursdays, Sept 10<sup>th</sup> – Oct 8th, 2015; 7pm - 9pm

San Francisco Insight, 1187 Franklin St. (between Geary & O'Farrell)

This class will explore the basic teachings of the Buddha in both meditation practice and daily life. We will introduce and deepen the practice of Mindfulness, with the aim of integrating Mindfulness into all aspects of our lives. Each session will include guided meditation instruction, talks on fundamental Buddhist teachings, and time for questions and discussion. This class is appropriate for those new to meditation as well as those wishing to refine their existing practice. People of all ethnic backgrounds, sexual orientations, and gender identities are welcome.

Appropriate for those who are new and experienced meditators. All are welcome!

Venue:	Unitarian Universalist Church
Address:	1187 Franklin St., San Francisco CA
Date:	5 Thursdays, Sept 10th – Oct 8th, 2015; 7pm - 9pm
Fees:	The teachers are supported solely by your donations for their time and teachings (they do not receive any portion of the registration fee). Suggested donations are \$50 to \$125 for the five-week evening class series (or \$10 to \$25 per class) and \$20 to \$50 for the daylong. This amount can be offered to the teacher by cash or check (payable to SF Insight) at the first class or at each individual class.
Registration:	Pre-register online at <a href="http://www.sfinsight.org/classes/">www.sfinsight.org/classes/</a> . The sliding scale registration fee is \$75 to \$150. Please pay the highest level that you can afford. Pre-registration is strongly encouraged, but it is also possible to register at the first class, space permitting.
Scholarship:	Nobody is turned away. Please call 415-994-5951.
CE Credits:	Not available.