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*Thematic Programs at ISC:*  
**Beginning Mindfulness Meditation**

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Day: Wednesday  
Dates: January 24<sup>th</sup> -February 28<sup>th</sup>, 2018  
Time: 9:00 a.m.-10:30 a.m.

Cost: Dana (Donation)

How to Register: email Karen Zelin at  
Karen@karenzelin.com

Teacher: Karen Zelin  
For more information about this teacher and  
others, please visit our website

Location: Insight Santa Cruz  
Meditation Hall

740 Front St, Suite 240  
Santa Cruz, CA 95060  
www.insightsantacruz.org

This is a 6-week introduction to the practice of Mindfulness Meditation at Insight Santa Cruz. We will focus both on developing mindfulness through the regular practice of meditation and bringing/sustaining mindful awareness in daily life.

Participants will learn and practice meditations with focus on the breath, body, feeling tones, thoughts and emotions. The sessions will include discussion about: The Four Foundations of Mindfulness, the Four Noble Truths, the common obstacles to meditation, and cultivating wholesome mind states like loving kindness and compassion.

Everyone welcome.



**Insight Santa Cruz**  
A BUDDHIST MEDITATION COMMUNITY



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