

Vipassana Meditation

Tuesdays January 12-February 2, 2010

**Intro. Class
5:30—7 PM**

Location:
RMI
2525 W. Pikes
Peak Ave #A
in Old Colo. City
Colo. Springs



Register by 1/6.

Mail fee of \$65 to
Lucinda Green
PO Box 6386
Colorado Springs
CO 80934-6386
(Make checks payable to
Lucinda Green)

Vipassana means insight into the nature of all phenomena. Basic sitting posture, walking meditation, clearing cloudy mental states and developing loving-kindness are taught in this class.

Sponsored by *Rocky Mountain Insight*

Lucinda Green, Ph.D. and Dharma teacher of *Rocky Mountain Insight* is the instructor. Wear loose and comfortable clothing.

Meditation cushions provided.

Web site: www.rockymountaininsight.org

CALM YOUR MIND AND BODY