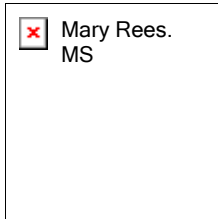


Mindfulness and Insight:

*Live from a deep sense of integrity,
connected to your heart's deepest desire*

Mary Rees, MS



**Six Evening Sessions
Begins Thursday, September 18**
7:00 p.m.–9:30 p.m.

One All-Inclusive Fee: \$500

- Six Evening Sessions
- CDs and Practice Book
- Day Retreat
- Birkman® Assessment
- Individual Follow-up Session
- Small class size: 3-15 students

Register before September 15 at
www.citta101.org/mbsrcourse.htm

This course is also available in private sessions

[Private Course Flyer - PDF format](#)

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Comprehensive Course in Insight and Mindfulness Meditation - an exceptionally powerful way to begin a meditation practice, to revitalize a fading practice, or enhance committed practice. You will learn how to integrate the meditation skills in all aspects of your personal and professional life.

This course is based on important elements from both ancient wisdom (insight and mindfulness meditation, vipassana meditation, contemplative prayer) and contemporary research-based teachings (MBSR and MBCT)

Through this program:

- Learn insight and mindfulness meditation or enrich any established meditation practice.
- Work with an experienced teacher who has many months silent retreat experience and over 30 years intentional integration of the contemplative in daily life.
- Deepen intimate experience of your own mind and body processes.
- Intentionally foster qualities of mind conducive to healing.
- Receive a personal assessment of your stressors and stress behaviors using the Birkman Method®
- Create a personal plan in private session for integration of the teachings into your personal and professional life.