

Adventures in Mindfulness

Advanced Meditation Workshop Series

With Jerry Stutz & Friends

Please join experienced teacher Jerry Stutz for a five-week opportunity to deepen your established meditation practice. A student of Pema Chodron and practicing Buddhist for over three decades, Jerry brings a profound knowledge of meditation techniques, coupled with a soft, supportive teaching style, to help strengthen an established or growing meditation practice. This five-week

Series is intended for students with an existing meditation practice, and will consist of guided meditation tips, suggestions and practices, support readings and seated meditation practice. All classes will take place in UpDog's Studio B Training and Meditation Center Area (directly across from UpDog Yoga upstairs). Cushions and blankets will be provided for student's use.



Wednesday, March 24, 2010	...	8:00pm-9:00pm
Wednesday,, March 31, 2010	...	8:00pm-9:00pm
Wednesday, April 14, 2010	...	8:00pm-9:00pm
Wednesday,, April 21, 2010	...	8:00pm-9:00pm
Wednesday, April 28, 2010	...	8:00pm-9:00pm

(NOTE: No class April 7th (Spring Break))

Required Reading: All students will be required to obtain a copy of Pema Chodron's "Places that Scare You" and Chogyam Trungpa Rinpoche's "Smile at Fear" (available at the UpDog Boutique). Additionally, students will be required to keep a daily meditation journal (full details will be provided at first class).

Cost for the Workshop Series: \$125 (\$100 if paid by March 22, 2010). Sorry, no employee or member discounts for this workshop series.

