

# 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.



#### \*\*\*NEW DATES\*\*\*

Wednesday, October 6, 2010	...	8:00pm-9:00pm
Wednesday,, October 13, 2010	...	8:00pm-9:00pm
Wednesday, October 20 2010	...	8:00pm-9:00pm
Wednesday,, October 27, 2010	...	8:00pm-9:00pm
Wednesday, November 3, 2010	...	8:00pm-9:00pm

**Required Reading:** All students will be required to obtain a copy of "The Joy of Living" by Yongey Mingyur Rinpoche ((available at the UpDog Boutique).

**Cost for the Workshop Series:** \$125 (\$100 if paid by October 1, 2010). Sorry, no employee or member discounts for this workshop series.

