

Center of Stillness - Heart of Action ~ Finding Stability in Turbulent Times



A DAY OF MEDITATION, REFLECTION AND MINDFUL YOGA with Sylvia Boorstein & Ajahn Amaro

We are easily thrown into shock when life gets difficult; then, when things ease up for a while, we find ourselves drifting into a trance of complacency. Rather than simply being caught in this 'shock to trance' cycle, we can find serenity within the difficulties and, equally, rouse motivation within the quietude.

This will be a day of Dharma teachings and meditation instruction offered by Sylvia Boorstein and Ajahn Amaro on these themes, along with optional supportive hatha yoga sessions led by Mary Paffard and Maggie Norton, co-founders of Yoga Mendocino.

CHICKEN SOUP AND THE 8 FOLD PATH!

As a much-published and well-beloved Jewish Buddhist grandmother, and as an English-born Buddhist monk of 30 years experience, our two dharma teachers bring together a unique mixture of wisdom and skillful means. Complementing their varied personal backgrounds, both Ajahn Amaro & Sylvia Boorstein have been members of the Spirit Rock teachers' council and are friends for many years. The melding of their commonalities with their distinct perspectives promises a rich and well-balanced blending of ingredients for the spiritual 'soup of the day'!

The program is a benefit for Yoga Mendocino, a non-profit community organization. Yoga Mendocino is a small institution but one that is immensely valued in the community as a fertile oasis in these spiritually arid times. It is also a venue where Ajahn Amaro and other monastics of his community teach on a regular basis. This benefit will hopefully greatly relieve the current financial stress that Yoga Mendocino is under, opening the way for it to provide spiritual nourishment and refreshment for many people long into the future.

Benefit for



SUNDAY, NOVEMBER 1ST

9:30AM – 4:30PM

Weibel Vineyards, 13300 Buckman Drive
Hopland, California

Fee : \$85-\$200 sliding scale; all amounts over \$100 are considered donations and are tax deductible. Bring Your Own Lunch.

Chairs provided; please bring your own meditation cushion, and zabuton or blankets for the wooden floor, and a yoga strap if you have one. Suitable for both beginning and experienced meditators.

Early registration strongly recommended. Carpooling requested.

For registration and information, send name, contact information, and fee to Yoga Mendocino, 206 Mason St, Ukiah, CA 95482 or call Yoga Mendocino (707) 462-2580, or register online at www.yogamendocino.org, or email at yomo@pacific.net
For those visiting from outside the area for this event, please see our website for directions and accommodation list and enjoy this beautiful county! We are only 2 hours north of the Bay Area.

Yoga Mendocino is a non-profit corporation. Tax exempted ID #68-0479334