



W I N N I P E G I N S I G H T M E D I T A T I O N G R O U P

Come and explore the Dharma with us

*Vipassana*, or insight meditation, is a simple, direct practice of moment-to-moment investigation of the mind, body, and environment. Through this practice of awareness, compassion, and connectedness, we come to a direct experience of openness, kindness, and wisdom.

To support our meditation practice this year we are doing a step by step study of Thich Nhat Hanh's *The Heart of the Buddha's Teaching*.

Sunday mornings at Yoga North  
Doors open/Noble silence at 9:30 a.m.  
Dharma talk at 10:00 a.m.



Yoga props are available to borrow; bring your own meditation seat if you have one.

Teachings are free; however, *dana* (donations) are requested to help pay the cost of using the studio.

**Start date: 11 September 2011**

Please note - there is no sitting group meeting on:

30 October

20 November

25 December

4 March 2012

For more information: [wimgrp@gmail.com](mailto:wimgrp@gmail.com)