

# Introduction to Vipassana Meditation

A Workshop with Steve Haddad

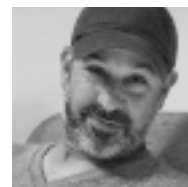
This half-day workshop serves as an introduction to the tradition of vipassana ("insight") meditation, a Buddhist approach to awareness training that has been practiced in Asia for over 2,500 years. Vipassana cultivates mindfulness, which can be described as a compassionate awareness of what is occurring in the present moment. Through the development of mindfulness, we become more calm and steady, discover greater intimacy with ourselves and others, and explore our natural capacity for happiness and freedom. In this workshop, participants will receive an introduction to meditation techniques, such as sitting, walking, and mindful movement. We will also explore traditional Buddhist dhamma, the classic hindrances to meditation, and how fear, desire, and other states of mind can be viewed as opportunities to fully awaken the heart and spirit. Finally, we will learn the practice of metta ("lovingkindness"), which cultivates our natural ability to give and receive love.

Please wear loose and comfortable clothing to the workshop. We will provide meditation cushions to each student. In the Buddhist tradition, we will collect "dana" (donations) rather than charging a set fee. While a donation of \$20 is suggested, you may give more or less, depending on what is comfortable for you! There is nothing else you need to bring with you, other than an open mind and heart.

**Sunday, October 11, 2009 • 1:00-4:00 p.m.**

**Cost: Suggested Donation of \$20**

Steve has been practicing vipassana meditation for a number of years and is currently leading classes with Charm City Yoga in Baltimore City. He recently completed a rigorous program of study at the International Buddhism Center in Chiang Mai, Thailand (Wat Phra That Doi Suthep) and has also studied with the Insight Meditation Society of Washington and Tara Brach. Meditation has had a tremendous impact on his life, and he is committed to helping teach all those interested in bringing compassion and happiness into their lives. Steve is also a nonprofit consultant, social activist, musician, writer, sports enthusiast, and lover of all things Baltimore!



## Vipassana Meditation with Steve Haddad

To register, please fill out the form and write a check to Charm City Yoga or fill out the credit card information below.

Name \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Please bill my credit card for the following amount \$ \_\_\_\_\_  VISA  Master Card

Card number: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_ Signature \_\_\_\_\_

**Towson Studio:** 7 Allegheny Avenue, Towson, MD 21204 ♦ **Fells Point Studio:** 901 Fell Street, Baltimore, MD 21231  
**Federal Hill Studio:** 37 E. Cross Street, Baltimore, MD 21230 ♦ [www.CharmCityYoga.com](http://www.CharmCityYoga.com) ♦ [info@CharmCityYoga.com](mailto:info@CharmCityYoga.com)