

Lotus Meditation Center
2908 University Avenue

Schedule of Events
Fall Semester, 2009

Insight Meditation

Insight Meditation (also called **Vipassana**) cultivates both concentration and relaxation. It is a practice that helps to free the mind from distortions and offers the possibility of living each moment fully with compassion and freedom. The practice of Insight Meditation requires no belief commitments.

Monday Evenings

6:00 p.m. - 7:00 p.m. Insight Meditation for Beginners September 28-October 26

Five-week progressive course in the fundamentals of Insight Meditation. Classes are taught by Lora Sloan Anderson, Ph.D., clinical psychologist and Patrick Sloan Anderson, a former Buddhist monk in the Thai Theravada Forest Tradition. **Free of charge and open to all.** No registration is necessary.

For more info contact Lora or Patrick at (701) 787-8839 or email lorasloan@gra.midco.net.

7:00 p.m. - 8:15 p.m. Sitting Group (ongoing)

Thirty minutes of silent sitting meditation followed by optional book study, discussion and other activities. Facilitated by Lora Sloan Anderson, Ph.D. **Free of charge and open to all.** **For more information contact Lora at (701) 787-8839 or email lorasloan@gra.midco.net**

RADICAL INTIMACY: An Insight Meditation Retreat with David Chernikoff

September 18-20, 2009

It's said in the Zen tradition that "Enlightenment is intimacy with all things." What does this statement actually mean and what, if anything, does it have to do with each of our lives? Given that the desire for intimacy is one of the deepest yearnings in the human heart, this topic is clearly deserving of our attention. This non-residential weekend retreat will be an opportunity to experience radical intimacy as a *lived reality* rather than simply an intriguing concept.

David Chernikoff began the study and practice of meditation in 1971 and started teaching insight meditation in 1988. He trained as a yoga teacher at the Integral Yoga Institute and completed the Community Dharma Leader program at Spirit Rock Meditation Center. His teaching has been influenced by senior teachers from the Insight Meditation Society and Spirit Rock, Tibetan teachers he studied with during a 3-year stay in Nepal, and spiritual guides from other contemplative traditions, most notably Ram Dass, Father Thomas Keating, and Rabbi Zalman Schachter-Shalomi. Currently, David teaches meditation and psychology at Naropa University and has a private practice as a psychotherapist and spiritual counselor in Boulder. He is one of the guiding teachers of the Insight Meditation Community of Colorado.

For retreat information or to register, contact Kristen at kristenborysewicz@mail.und.edu or call (701)777-4647.

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Other Events

Fall Semester, 2009

T'ai Chi Ch'uan

Tuesdays & Thursdays 7:30 p.m. - 9:30 p.m.

For more information contact Lloyd Blackwell at 746-6312 or 777-3357

Islamic Prayers

Fridays 1 p.m. – 5 p.m. and 6p.m. – 8:30 p.m.

Starting time varies.

For more information email Ammar Naji at ammar.naji@und.nodak.edu.

Yoga Arts with Dyan Rey

Beginners and Mixed

Tuesdays 5:30 p.m. - 6:45 p.m.

Intermediate

Thursdays 5:30 p.m. - 6:45 p.m.

Session 1: Sept. 1 - Oct 20

Session 2: Oct 27 - Dec 17

Fee: \$65 per session. Single drop-in class, \$10. Private sessions available.

Discounts for students and senior citizens

For more information contact Dyan Rey at 772-8840 or email: dyanre@aol.com

Open Yoga Practice

Mondays 5:30- 6:45p.m. (except from September 28-October 26)

Note: The Lotus Meditation Center is open M-F from 8a.m - 10p.m. and Sat. and Sun. from 12p.m. - 10p.m. The Center is open to individuals for meditation except when groups are scheduled. If you require general information about the Center, call the Office of International Programs at 777-4231. Prior request is to be made at the Office of International Programs for the use of the Lotus Meditation Center by any group. A free will offering is accepted for the use of the Center. If any group charges fees to participants, a percentage of fees collected will be requested for use of the Center.

Lotus Meditation Center, 2908 University Ave., Grand Forks, ND-58203

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