

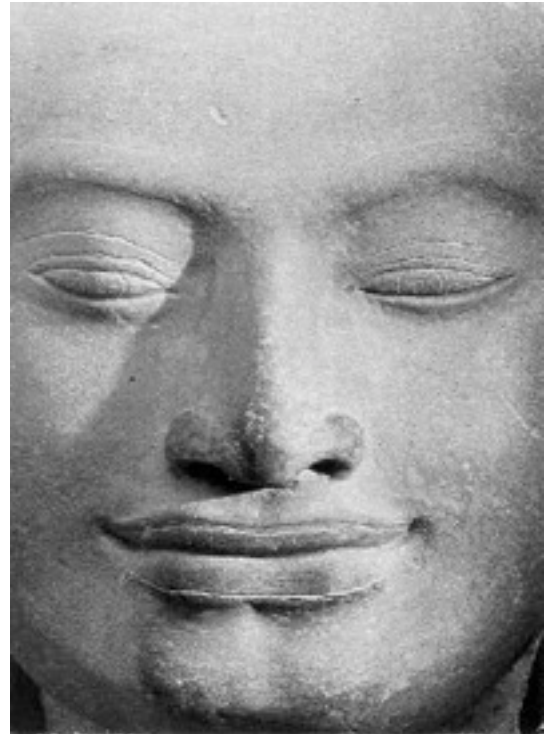
Smiling like a Buddha: A Ten-Session Mindfulness Meditation Workshop taught by Mitchell Ratner

Meeting Monday Evenings
February 13 - May 7, 2012, 7:00 to 9:00 pm
At Crossings in Silver Spring, MD

Mindfulness meditation is surprisingly simple and remarkably subtle. Over time one develops a relaxed state of awareness that allows for the moment-by-moment direct observation of sensations, feelings, and mind-states. When mindfulness is firmly established, joy, compassion, equanimity and loving-kindness arise.

Intended for both new and experienced practitioners, the workshop will explore conscious breathing, developing/ deepening a sitting practice, walking meditation, mindfulness in everyday life, recognizing and accepting feelings and emotions, transforming anger, nurturing love, developing compassion, and hugging meditation.

Participants will be able to share experiences, progress, and challenges within a supportive workshop environment.



About Mitchell Ratner, Ph.D.:

Mitchell has been a lay member of the Tiep Hien Buddhist order since 1993, and in 2001 received the Dharmacariya (meditation teacher) transmission from Vietnamese Zen Master Thich Nhat Hanh. An applied anthropologist and a founder of the Still Water Mindfulness Practice Center, since 1994 he has taught classes and workshops focused on practicable methods of integrating mindfulness meditation with work, meaningful relationships, and the challenges of everyday life.

*Offered by the **Still Water Mindfulness Practice Center and Crossings: A Center for the Healing Traditions** (www.crossingshealing.com). Crossings is located at Suite 202, 8505 Fenton Street, in Silver Spring, Maryland (Above the Whole Foods Supermarket).*

Cost: The fee is \$300 for the entire ten-session course. (A reduced fee schedule is available for those for whom the course fee would be a hardship.)

No class on March 5, 12, or 26.

Space is limited. Please enroll on our web site: www.StillWaterMPC.org,

For more information, email Info@StillWaterMPC.org or call (301) 270-8353