



Smiling like a Buddha

A Six-Session Mindfulness Practice Workshop

taught by Mitchell Ratner

Tuesdays, October 1 to November 5, 2019

7:00 to 9:00 pm, at Crossings in Silver Spring, MD

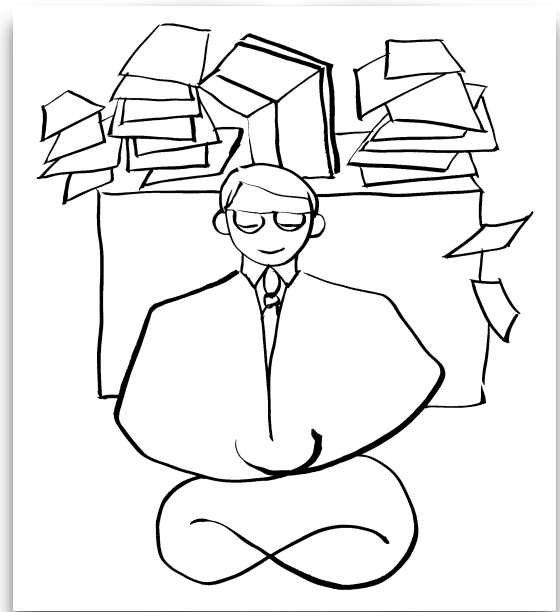
Mindfulness meditation is surprisingly simple and remarkably subtle. Over time one develops a relaxed state of awareness that allows for the moment-by-moment direct observation of sensations, feelings, and mind-states. When mindfulness is firmly established, joy, compassion, equanimity and loving-kindness 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 Dharmacharya (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 ways of integrating mindfulness meditation with work, meaningful relationships, and the challenges of everyday life.



Offered by the Still Water Mindfulness Practice Center and Crossings Healing and Wellness. Crossings is located at Suite 300, 8720 Georgia Avenue, in downtown Silver Spring, Maryland.

Cost: The fee is \$180 for the entire six-session course. (A reduced fee schedule is available for those for whom the course fee would be a hardship.)

Space is limited. Enrollment information is on our web site: www.StillWaterMPC.org,

If you have questions or concerns, email Mitchell@StillWaterMPC.org.