

A DAY OF MINDFULNESS WITH MARY REES

Stillness in Action Yoga

3458 Amphora Circle
SUGAR LAND, TX 77479

June 6-7, 2008

Friday, 7-9 PM

Saturday, 9:30 AM - 3:00 PM

“TASTING THE COMPONENTS OF INSIGHT MEDITATION PRACTICE”

Experiential in nature, this retreat and meditation course welcomes beginning meditators and those already practicing meditation.

Dress comfortably if you choose to sit on the floor, please bring something that supports you well, such as a cushion, bench or blankets. Chairs are available if preferred. Please be mindful of others with allergies to fragrances.

There is no charge for this day; however, you will have an opportunity to give DANA (Dana is an ancient tradition of Buddhism - a giving of generosity) to *Mary Rees* for providing the teachings.

Mary Rees, MS, has been teaching perceptual and cognitive skills since 1970 as a specialist in learning abilities, and mindfulness and insight meditation since 1989 as part of the Insight Meditation network (primary centers are Insight Meditation Society in Barre, MA, and Spirit Rock in San Francisco, CA). She also trained in Mindfulness Based Stress Reduction to bring benefits of that program to her students.

Mary is a Spiritual Director formed in both Christian and Buddhist traditions. She was trained by Robert Fritz to teach the creating process. She currently teaches beginning courses in meditation and more advanced trainings for integrating mindfulness and insight into all aspects of daily life. She works with students individually and in groups, in both short and ongoing courses, in person and online, and in public and private venues.

Publications:

Book, *Being Prayer—Transforming Consciousness*

Computer-based meditation course, *Going Beyond What You Believe to be True*,

Practice books to accompany book and courses (series *Transforming Consciousness*), *Practice Book One: Opening Space and Time—Establishing a Daily Practice*

Insight Meditation Community Houston, and **Stillness in Action Yoga** will host this event. Please register ASAP before May 26, space is limited. Applications will be accepted after this date depending on availability. To Register or inquire about this event, please email Charmaine van Niekerk at mainie@alltel.net.