



INSIGHT MEDITATION COMMUNITY OF CHARLOTTESVILLE

Sacred Stillness: A Daylong Meditation Retreat

Led by Jackie Erskine

**Saturday, September 25, 2010
9:30 AM - 4:30 PM**

**Sojourners United Church of Christ
1017 Elliott Avenue (at crnr. Monticello Ave.)
Charlottesville, VA**

In the beauty of silent meditation practice, we will cultivate inner stillness and spaciousness. Support and deepen your experience of calmness and balance as we sit, walk, move, and reflect together. Suitable for beginners as well as experienced meditators.

Please pre-register online at: www.imeditation.org.
Registration: \$15; donations *(dana) for teachings

*Dana is a generosity practice from the early Buddhist tradition. Your donations will support the continuing availability of these priceless teachings and practices for all who wish to learn. Your registration fee covers the expenses of the retreat. No one will be refused because of inability to pay.

Please bring:

Sitting cushion or bench (chairs provided)
Blanket and yoga mat
Bag lunch (tea and juice provided)

**For information: contact Marylu Barker,
email: marylubarker@hotmail.com, or call: 434-977-5687**