

A Journey Into The Heart of Dying with Robert Cusick



Saturday, July 21, 2012, 9:30 am to 4:30 pm
at
Doctors Medical Center
Conference Center, Room 1
1441 Florida Ave., Modesto, CA

This daylong exploration into loss, grieving and dying will take on tough subjects, ones that, in our western culture, most of us choose to ignore. It is open to both experienced and new meditators, as well as non-meditators interested in developing ways to confront these hard realities head on. The day will consist of alternating periods of silent meditation, gentle movement, instruction and experiential exercises to help bring participants face-to-face with this natural and unavoidable process and the fears normally associated with it. By learning skills to meet rather than turn away from the dread of our unacknowledged fears about loss, grieving and dying, we begin to discover a wholly new way to live before we die. All are welcome.

This day is freely offered to all. Donations are welcome to support Robert and future Insight Meditation Modesto offerings.

Please bring a vegetarian potluck dish to share for lunch. For the sake of those who may have sensitivities or allergies, please do not wear scented or perfumed products. If you have a meditation cushion, please bring it. Chairs will be available.

Robert Cusick is a long time student of Gil Fronsdal. He was a Buddhist monk in Burma, trained by the Venerable Pa Auk Sayadaw. He also trained in the Soto Zen tradition at Tassajara Zen Center in 2001. He participated in the Diamond Heart program with Hameed Ali (A.H. Almaas), in the Sati Center's Buddhist Chaplaincy training and completed the Dedicated Practitioners Program (DPP) at Spirit Rock Meditation Center in 2003, where he serves as a Retreat Manager. Robert also teaches at Insight Meditation Center in Redwood City and is a volunteer peer counselor at Kara in Palo Alto. Robert is a certified Kripalu Yoga instructor, and sits on the board of directors at the Sati Center for Buddhist Studies.

For additional information, please contact Lori Wong at 209-343-2748 or visit
<http://insightmeditationmodesto.wordpress.com/>