

Insight Meditation Central Valley

Supporting Insight Meditation Practice in the Modesto and Stockton, CA area

Exploring Lovingkindness Daylong Retreat

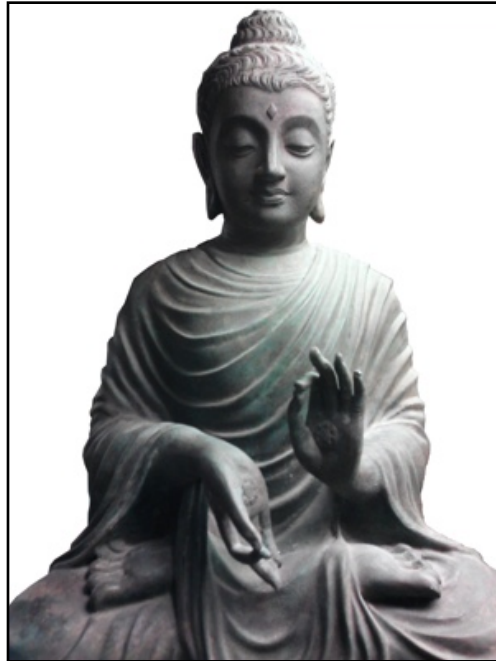
May 18, 2013

9:00 am to 4:00pm

Unity of Stockton

2025 W. March Lane,
Stockton, CA

This day will be an opportunity to explore the Buddha's teachings on Lovingkindness with silent meditation, walking practice, guided instructions and some interactive exercises.



Please bring a vegetarian dish to share for a potluck lunch. Dress comfortably. There will be limited cushions and zabutons. Please bring a cushion if you have one. Chairs will be available.

This retreat is suitable for all levels of practitioners. Donations are gratefully accepted to support the teacher and to support Unity of Stockton.

Daylong Retreats in Modesto

- June 1 - The Gifts of Grief special daylong with film maker Nancee Sobonya
- July 13 - Study daylong on the Abhidhamma with Jeff Hardin of Sacramento Insight Meditation
- August 10 - Using SoulCollage to Gain Insight into our Practice (co-sponsored by Gyalshen Modesto Sangha) with Tseme Garcia and Lori Wong



LORI WONG

is the founding teacher of Insight Meditation Central Valley and has been practicing Insight Meditation since 2003 under the guidance and mentorship of Gil Fronsdal, who is the principal and founding teacher of the Insight Meditation Center (IMC) in Redwood City, CA. She is a former board member and former president of IMC, a current board member of the Sati Center for Buddhist Studies (also in Redwood City), and was a founding board member of the Buddhist Insight Network. She is a Community Dharma Leader trained through Spirit Rock Meditation Center in Woodacre, CA.
