

Beginning Meditation Class



*6 Monday evenings, 7:00 to 8:30 pm
Oct 21 to Nov 25*

*Good Shepherd Episcopal Church
1823 Ninth St. at Hearst, Berkeley*

Sponsored by the Insight Meditation Community of Berkeley

Insight (mindfulness) meditation, taken from the teachings of the Buddha, is a process of learning to live in the present moment. It cultivates a clear mind and an open heart. It develops the equanimity and compassion that allows us to live more easily with the ups and downs of our lives.

Ernest Isaacs, MFT, began practicing Buddhist meditation in 1977. He has been through a teacher training program at the Spirit Rock Meditation Center, and has been teaching a weekly meditation group in Contra Costa for over 30 years. He is also a student of Hameed Ali in the Diamond Approach, and a psychotherapist in private practice.

There is no fee for the classes, and no pre-registration.

For more information: ernesti@pacbell.net or (510) 526-0711.