

# *Beginning Meditation Class*



*6 Monday evenings, 7:00 to 8:45 pm  
Mar 30 to May 4*

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

*Sponsored by the Insight Meditation Community of Berkeley*

*Mindfulness meditation, taken from the teachings of the Buddha, is a practice of learning to live in the present moment. It develops a calmness and centeredness that allows us to live more easily with our anxieties and fears, with the ups and downs of our lives, with the stresses and strains of our busy world.*

*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 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, just show up.*

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