

September 8

9:30am - 4:30pm



Mindfulness of Eating

Craving in a world of plenty,
and what to do about it.

In our contemporary society, there might be no greater area of struggle, craving, preoccupation and delusion than our complicated relationship with food. At this daylong retreat with Diane Wilde, Sacramento Insight Meditation community mentor and Buddhist prison chaplain, we will shine the light of mindfulness on this area of our lives. We will investigate a new, sensible & more joyful approach to our attitudes towards food.

EATING EXERCISES • PERIODS OF MEDITATION • MINDFUL MOVEMENT

Please bring a vegetarian food item to share for a pot luck lunch.

LOCATION: Doctors Medical Center, Conference Center, Room 1
1441 Florida Avenue, Modesto

For additional information contact Lori Wong at 209-3343-2748 or visit
<http://insightmeditationmodesto.wordpress.com>

THIS DAYLONG WILL BE A BENEFIT FOR BUDDHIST PATHWAYS PRISON PROJECT