

Introduction to Insight Meditation Class Taught by Wendy Zerin, MD



Insight “Vipassana” Meditation is a mindfulness meditation practice which comes out of the Buddhist tradition as practiced in India and Southeast Asia. Through the gradual cultivation of calm, focused awareness of breath, body, emotions and thoughts, this practice gives rise to clarity, insight and compassion for self and others.

This six week introductory class will meet at **Kelly’s Barn, 1360 Sumac Avenue** in north Boulder on **Friday mornings, February 1st through March 8th from 8:30AM-9: 45AM**. If your schedule allows, you may wish to come for the meditation class and stay for the 10:00AM Kaiut Yoga class which follows.

In keeping with Buddhist tradition, this meditation class will be offered freely. In lieu of a class fee there will be an opportunity to participate in the practice of “**dana**”. Dana is both a Pali word and a Sanskrit word meaning “**generosity**”. The practice of dana is a practice of giving from the heart in whatever amount feels appropriate.

For more information please visit: <https://wendyzerin.com/introductory-insight-meditation-class/> or email Wendy at wendy@wendyzerin.com.

Wendy Zerin, MD has been practicing Insight Meditation since 1983 and was trained as a meditation teacher by Jack Kornfield at Spirit Rock Meditation Center. She has taught meditation retreats locally, nationally and internationally. She has been a student of yoga since 1989 and is a Certified Kaiut Yoga Instructor. Wendy practiced medicine for 36 years, retiring in 2015. She brings an unusual depth of understanding of mind, body and spirit to her teaching.