

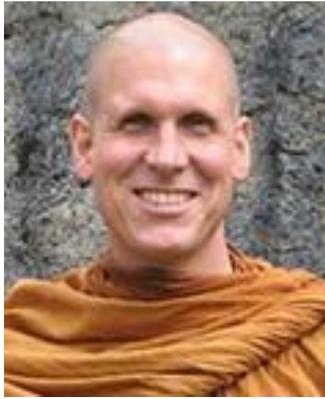


Meditation in Everyday Life

Saturday, May 5, 2018, 9 am to 2 pm

Held at St John the Divine Episcopal Church, 17740 Peak Ave, Morgan Hill

Led by Ajahn Chandako, American Buddhist monk,
Abbot of Vimutti Monastery, Auckland, New Zealand



This day of instruction and practice offers both an introduction to mindfulness meditation for beginners and teachings for more experienced meditators. Ajahn Chandako will present the basics of sitting and walking meditation, with an emphasis on integration into daily life.

Meditation is a vital skill for developing calm and insight in the midst of a chaotic modern world. The workshop will help you develop mindfulness techniques for focusing concentration; reducing stress, anxiety and depression; and developing loving kindness and compassion

There is no specified charge for the workshop; all teachings are offered on a donation basis. (See explanation that follows.)

The workshop will start promptly at 9 am so please arrive at least 15-20 minutes early to park and get settled. Ajahn will be available for casual conversation after the workshop.

What to Bring and Not Bring

Bring your own sack lunch. Tea will be provided. Wear comfortable, loose fitting clothes. If you plan to sit on the floor, bring a cushion and mat. The church provides comfortable, padded chairs. Walking meditation will be outside, so bring a sun hat or sunscreen.

The workshop will be conducted mainly in silence, including lunch time, except for a period for questions. Please leave your cell phone and other devices at home or in your car. This is a rare opportunity to “disconnect” for a few hours from your usual electronic attachments.

Donation

If you are wondering what is an appropriate amount to donate in appreciation for the workshop, think about what similar events might charge and give accordingly and as your situation allows. All *dana** (donations) will go toward supporting the King's Creek Redwood Hermitage, located in the Santa Cruz Mountains near Boulder Creek, where Ajahn lives when he is in California. If you wish to write a check, please make it payable to Chandako Bhikkhu Trust.

**dana* means “generosity” and is a basic tenet of Buddhist practice.

Workshop Reservation

Please reserve your place with [Carol O'Hare](#), 408-782-9029.

Ajahn Chandako

Ajahn Chandako was ordained as a Buddhist monk in 1990 in the Forest Tradition of Thailand. Born in 1962 in Minneapolis, MN, his interest in the teachings of the Buddha grew as he studied towards a BA degree in Religious Studies from Carleton College, Northfield, MN. Following graduation in 1984, he began training in meditation and subsequently went to Asia to find a monastery suitable for devoting himself fully to the practice. After training under Buddhist masters in Asia for 15 years, Ajahn Chandako was invited to New Zealand in 2004 to establish Vimutti Buddhist Monastery, where he is currently the abbot. He frequently leads retreats and is a popular teacher at various meditation centers in the US.

For information about Vimutti Monastery, go to www.vimutti.org.nz.