

The Teachings of the Buddha and Insight Meditation: A Path to Freedom

with
Isabel Fleury



presented by
Yoga Center of Carmel

Thursday, October 12, 19, 26
6:00 to 7:15pm

(By donation - suggested \$10-\$15)

No Registration Necessary

You may join any or all of these evenings

"Go back and take care of yourself, your body needs you, your feelings need you, your suffering needs you, your perceptions need you. Your suffering and joy needs you to acknowledge it. Your life needs you. Go there and be there for all those things."

___Thich Nhat Hanh

During these evenings together, we will sit to meditate together and then discuss the teachings of the Buddha as presented in the Vipassana tradition. Insight Meditation, the practice of mindful awareness, is at the heart of the offering. This series is defined by the core of the Buddha's teachings and offers an opportunity to explore the basics of practice to the deepest concepts of the Buddha's teachings.

The main themes covered in these sessions will be the Four Noble Truths, *metta* (loving-kindness practice), *karma* (cause and effect) and *sangha* (community).

"The name Buddha, means 'the one who is awake', and it is this experience that is the very heart and essence of insight meditation. It offers a way to practice that can open us to see clearly our bodies, minds, hearts, and the world around us and develop a wise and compassionate way to relate to and understand them all." ___Joseph Goldstein

Isabel Fleury is a licensed psychologist in Brazil where she kept a private practice and worked in clinical and institutional settings. She moved to the United States in 2007, working to deepen her experience at the Esalen Institute in Big Sur, California. She continues to work in Big Sur and in the Monterey bay where Isabel leads groups at treatment centers, sees private clients and guides classes in Insight meditation, Yin Yoga, and Buddhist philosophy and practice. Drawn to deep self-exploration at a young age, Isabel's approach to practice is a combination of her life-long studies: Clinical and Jungian/Archetypal Psychology, Buddhism, Insight Meditation and Yin Yoga.