

Introduction to Sitting & Moving Meditation

Friday March 26

noon to 4:00 p.m.

Hanna Barn Studio ~ Vashon Island

If want to learn the basics of meditation, here's a workshop for you!

We'll offer instruction on sitting with alert comfort, and introduce several ways to cultivate stable and clear awareness.

We'll also teach *qi gong* -- a gentle moving meditation that relieves stress and supports health.

These teachings and practices are suitable for beginning and experienced practitioners from any tradition.

The small group size will provide opportunities for individual attention and questions.

Workshop leader George Draffan is a Seattle-based practitioner and teacher of Buddhist meditation and Taoist energy practices. His practice and teaching emphasize basic skills such as stability (shamatha) and clarity (vipashyana) so that we can become more aware and responsive in daily life.

George has been a volunteer with the Northwest Dharma Association, where he served as president from 2001 to 2005. Since the 1980s George has made a living by doing research on business and the environment.

Cost of the workshop is by donation

There is also a separate weekend retreat

For more info call 206-659-1954 or visit



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