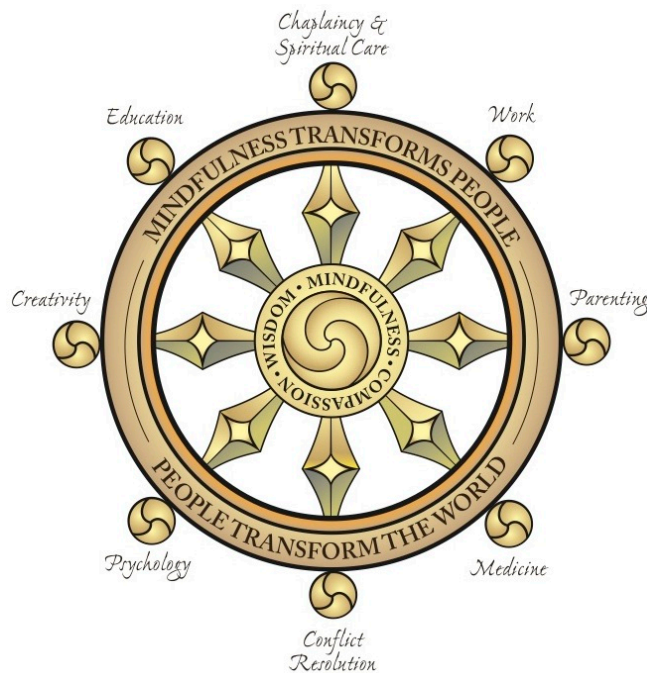


Making a Difference

A Vision for the Role of Mindfulness in Society

A Presentation by Gil Fronsdal



When: Wednesday, September 7 ~ 7 to 8:30 pm

Where: Insight Meditation Center, 108 Birch St., Redwood City

Cost: No Cost ~ Donations Welcome ~ No Registration Required

As interest in mindfulness has exploded in recent years, the practice has been applied to many aspects of modern life. It has been shown to bring benefits in such areas as education, parenting, medicine, mental health, business, sports, prisons, and conflict resolution. Gil will share his vision for the important role mindfulness can have in our society and how it can help create a society that benefits and supports all its members.

Gil Fronsdal is the primary teacher for the Insight Meditation Center in Redwood City, California; he has been teaching since 1990. He has practiced Zen and Vipassana in the U.S. and Asia since 1975. Gil is part of the Spirit Rock Meditation Center Teachers Council and currently serves on the SF Zen Center Elders' Council. He has a PhD in Religious Studies from Stanford University. He is author of The Issue at Hand, A Monastery Within and the translator of The Dhammapada.

www.insightmeditationcenter.org ~ insightmeditationcenter@gmail.com