

# Vipassana Meditation

**Tuesdays September 15—October 6**

**Intro. Class  
6:30—8 PM**

**Location:**  
**RMI**  
2525 W. Pikes  
Peak Ave #A  
in Old Colo. City  
Colo. Springs



**Register by 9/10.**

Mail fee of \$65 to  
Lucinda Green  
PO Box 6386  
Colorado Springs  
CO 80934-6386  
(Make checks payable to  
**Lucinda Green**)

**Vipassana** means insight into the nature of all phenomena. Basic sitting posture, walking meditation, clearing cloudy mental states and developing loving-kindness are taught in this class.

Sponsored by *Rocky Mountain Insight*

**Lucinda Green, Ph.D.** and Dharma teacher of *Rocky Mountain Insight* is the instructor. Wear loose and comfortable clothing.

Meditation cushions provided.

Web site: [www.rockymountaininsight.org](http://www.rockymountaininsight.org)

**CALM YOUR MIND AND BODY**