

Introduction to Meditation Series

A Non-Profit series sponsored by Śānti Yoga of West Boxford



Beginner's Introduction to Meditation: Two Forms with Marianne Snow

Saturday, March 20th, 1-3 pm, \$25

Minimum of 6; Registration and tuition in full by 3/17

Introduction to Tibetan Buddhist Meditation with Lama Tsering

Wednesday, March 31st, 5:30-7 pm, \$25

Minimum of 6; Registration and tuition in full by 3/28

Introduction to Mindfulness Meditation with Chris Warner

Wednesday, March 24th, 5:30 to 7 pm *and* Friday, April 9th, 12-1:30 pm,
\$15 each session

Minimum of 6; Registration and tuition in full by 3/21 and by 4/6

Insight Meditation: An Introduction with Matthew Daniel

Thursday, April 1st, 7-8:30 pm, \$20

Minimum of 6; Registration and tuition in full by Monday, March 29th

Mindfulness-Based Stress Reduction (MBSR) with Doug Worthen

Saturday, April 17th, 8-10 am, \$20

Minimum of 6; Registration and tuition in full by 4/13

Quiet Mind

with Connie Glore, RYT, LMHC

Friday, April 23rd, 12 to 1:30 pm, \$20

Minimum of 6; Registration and tuition in full by Wednesday 4/19

Series Conclusion

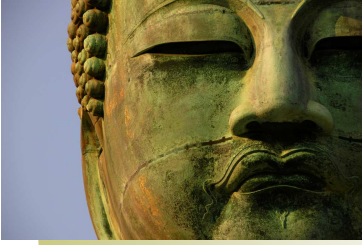
1/2 Day Metta Retreat: The Practice of Lovingkindness and Compassion with Chris Warner

Sunday, May 2nd, 1-4:30 pm, \$45

Minimum of 6; Registration and tuition in full by 4/28

www.santiyoga.org 10 Hovey's Pond Drive, West Boxford (978) 352-8787

All proceeds from this series provide stipends for the teachers as well as benefit a scholarship fund for those without the means to practice



Introduction to Meditation Series Teacher Biographies

Marianne Snow

(Beginner's Introduction: Two Forms)

Marianne Snow has worked with many different healers studying the principles and practices of healing and the nature of energy. She brings to all her endeavors the wisdom from these studies, the compassion and integrity from Buddhism and the transforming energies of her personal healing path. Marianne is a non-denominational minister, Reiki master practitioner and teacher, YogaKids tm certified teacher, Mass. Certified Teacher K-9, workshop and retreat facilitator, meditation instructor, writer, collage artist, art teacher and storyteller/singer. She facilitates weekly meditation and healing circles, and presents at conferences, workshops and retreats for small and large groups.



Lama Tsering

(Introduction to Tibetan Buddhist Practice)

Lama Tsering Ngodup, a highly accomplished Tibetan Buddhist meditation teacher, is authorized to teach by HH ShaMar Rinpoche, a lineage holder in the Karma Kagyu tradition of Tibetan Buddhism, the 14th incarnation of the Shamarpa (Red Hat Lama of Tibet). Lama Tsering has devoted over 20 years to sharing the spiritual teachings of Tibetan Buddhism in the West. He has traveled across the world as a translator and interpreter for many Tibetan Lamas and Masters from all four schools of Tibetan Buddhism: Nyingma, Gelukpa, Sakya, and Kagyu. In this process, he has received many teaching and transmissions in both Sutra and Tantra (Vajrayana). Through this experience, he has acquired insight and wisdom that HH ShaMar Rinpoche has recognized and asked him to share through teaching.

Lama Tsering lives in Arlington with his family, and teaches in Cambridge and at Yoga East, in Reading, MA.



Doug Worthen

(Introduction to Mindfulness-Based Stress Reduction—MBSR)

Doug is a long-time practitioner; he originally began practicing Insight meditation in 1999, while a member of the UVA national championship lacrosse team, as a means of improving athletic performance. Doug has attended Vipassana retreats and trainings, and studies under Matthew Daniell, the guiding teacher of the Insight Meditation Center of Newburyport (see below). Doug recently completed the MBSR training at the University of Massachusetts Medical School, the program developed by Jon Kabat-Zinn. As a two-time cancer survivor (B-cell and T-cell lymphoma, undergoing a bone marrow transplant), Doug knows firsthand the benefits of practice, which include pain and stress management, as vital to his healing. Doug has also discovered the strength and stability of a committed yoga practice. Currently, Doug is traveling, as well as teaching MBSR to high-school students in Concord, MA, and staffs Mindfulness retreats for youth. He also coaches lacrosse for his alma mater, and lives in North Andover.



Connie Glore, RYT, LMHC

(Quiet Mind)

Connie Glore is co-founder of UnionStudio in Andover, MA. Connie s trained in the Iyengar style of yoga and has been practicing for 18 years. She is registered with Yoga Alliance at the 200 hour level and teaches students of every age and ability. The 8 limbs of yoga are addressed in classes. *May your practice benefit humanity.*

Connie has a Masters Degree in Expressive Therapy from Lesley College, is an LMHC (Licensed Mental Health Counselor) and a Certified Meditation Teacher.



Matthew Daniell

(Insight Meditation: An Introduction)

Matthew Daniell, leading teacher at the Insight Meditation Center of Newburyport, has been practicing Buddhist meditation and yoga for over 20 years. He studied Zen in Japan and Insight Meditation in India, Burma, and Thailand. His teachers include Munindra, Dipa Ma, Larry Rosenberg, Sharon Salzberg, and Joseph Goldstein.

He studied yoga in the tradition of T.K.V. Desikachar of Madras India, and is certified to teach in several traditions. Matthew resides in West Newbury and teaches at various universities and retreat centers. He also co-leads retreats with Larry Rosenberg at the Insight Meditation Society, Omega, Kripalu, and CIMC.



Chris Warner

(Introduction to Mindfulness Meditation; 1/2 day Metta Retreat)

Chris Warner, M.ed., CYT, founder of Sânti Yoga & Wellness of West Boxford, has been studying and practicing mindfulness meditation and yoga for more than a decade, and teaching since 2007. Chris is grateful to all of her teachers, including Janine Grillo-Mara, Sarah Powers, Stephen Cope, Sylvia Boorstein, and her heart-teacher, Thich Nhat Hanh. Chris dedicates her teaching and her practice to the benefit of all beings, that any merits arising from her efforts alleviate the suffering of all.

