

Saint Mark's Monday Night Meditation Class, Fall 09 - Spring 09 Topics and Teachers

Date	Topic	Teacher
9.15.08	Suffering, Freedom and the Four Noble Truths	Jonathan
9.22.08	Mindfulness of the Body: Cultivating Embodied Presence	John
9.29.08	Mindfulness of Emotions: An Overview of the Hindrances	Jonathan
10.06.08	Mindfulness of Emotions: Working with the Hindrances	John
10.13.08	Mindfulness of Thoughts: With Your Thoughts You Create Your World	Jonathan
10.20.08	Components of the Practice: Concentration, Mindfulness and Insight	Jonathan
10.27.08	The Art of Metta: Cultivating Loving Kindness	Guest
11.03.08	The Bodisattva Path: Cultivating Compassion	John
11.10.08	Increasing Your Capacity for Joy	Jonathan
11.17.08	Clear Seeing: Cultivating the Equanimous Heart	John
11.24.08	Freedom and Forgiveness	John
12.1.08	Cultivating Sangha	Jonathan
12.08.08	The Power of Intention	John
12.15.08	The Art of Practice	Jonathan
12.22.08	The Christian Contemplative Tradition and Buddhism	John
12.29.08	TBA	Guest
1.05.09	Wise Speech	Jonathan
1.12.09	The Refuges	John
1.19.09	Buddha and the Body	John
1.26.09	Concentration and Mindfulness	Jonathan
2.02.09	Working with Fear	John
2.09.09	Working with Pain	Jonathan
2.16.09	Working with Desire	John

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Date	Topic	Teacher
2.23.09	Waking from the Dream of Thoughts	John
3.02.09	The Three Characteristics: Suffering and Impermanence	Jonathan
3.09.09	The Three Characteristics: Not Self	John
3.16.09	The Life of the Buddha	Jonathan
3.23.09	Life Off the Mat: Engaging in Social Change	Jonathan
3.30.09	Cultivating Faith	John
4.06.09	Mindfulness in the Workplace	John
4.13.09	Relationships and Conscious Communication: Working with Conflict	Jonathan
4.20.09	The Heavenly Messengers (Sickness, Old Age and Death)	Jonathan
4.27.09	The Power of Inquiry	John
5.4.09	Doing and Non-Doing	John
5.11.09	The Nature of Karma	Jonathan
5.18.09	TBS	Jonathan
5.25.09	TBA	John
6.1.09	TBA	Jonathan
6.8.09	TBA	John
6.15.09	The Path of the Bodhisattva	Jonathan