

The Open Path is pleased to welcome to Boise

Bonni Ross

Meditation Classes and Retreat September 1-17, 2015

Breath and Mindfulness Meditation

Developing tranquility and insight through Anapanasati

Bonni Ross combines over 40 years of study and practice in the Theravadan and Vajrayana traditions of Buddhism with motherhood, experience in holistic therapies, Western Mysteries and a 16-year career as a strategic planning consultant to business and government shaping her as a teacher and practitioner. Classes explore the philosophical and theoretic foundations of the teaching of Awakening, as well as providing methods for increasing awareness, kindness and wisdom in daily life.



Classes: September 1,2 & 3. Introduction to Breath and Mindfulness/Insight Meditation

7:00- 9:00pm Hyde Park Mennonite Fellowship 1520 N 12th St. , Boise

Morning Sitting Meditation: September 1,2 & 3. 9-10am, Komyozan Dojo, 1922 N 21st St, Boise

Workshop: Saturday September 5. 10-3pm

Home of Chuck Linack and Jenny Byrne, Boise

Retreat: September 7-17. Camp Sawtooth, Fairfield, Idaho.

Teachings appropriate for all levels from beginners to advanced practitioners.

We live; we breathe. As long as we can breathe, and know we are breathing, we can practice meditation. Mindfulness meaning, moment by moment awareness of our breath, thoughts, feelings, body and surrounding environment is used to gain insight into the true nature of reality. Anapansati (breath meditation) is an

accessible, profound meditation that is a complete path in itself. One pointedness of mind is the fundamental skill of which all of the Buddha's practices rest. Beginning with the exploration of the three stages of concentration, we will cultivate tranquility of mind. Deepening calm leads, in natural process, to developing the skills which support vipassana (insight/mindfulness meditation); direct experience or insight into the nature of mind and the noble truths of the Path of Awakening. Please be aware that dana (monetary donations) should be given to the teacher every class and on retreat. Dana is how the teacher supports themselves and makes it possible to continue to teach.

Contact Cyrese Lingard for more information and to confirm retreat participation clingardens@gmail.com (208)284-2555 Class series \$60 or \$20 each. Workshop \$75. Retreat cost for 10 days \$750. Shorter retreats \$75 per day. Retreat size is limited so please register early. For more information on Bonni and the Sunshine Retreat Center <http://www.retreathouse.bc.ca/>