

A Day of Meditation

November 10, 2018

Sat : 9:00 - 17:00

Insight meditation, or Vipassana, is one of the central teachings of the Buddha. It has continued as a living practice for 2500 years. At the heart of insight meditation is the practice of mindfulness, the cultivation of clear, stable and non-judgmental awareness. While mindfulness practice can be highly effective in helping bring calm and clarity to the pressures of daily life, it is also a spiritual path that gradually dissolves the barriers to the full development of our wisdom and compassion.

During the day, the basic instructions in insight meditation (Vipassana) are given sequentially.

We will practice:

Sitting Meditation, Walking Meditation, Mindful Eating, Dhamma reflection, Q&A

Who is it for?

- Newer practitioners to learn insight meditation.
- Experienced participants who want an opportunity to supplement practice throughout the year.

Contact : hellomindfulness@gmail.com

Registration: Click [REGISTRATION](#)

Place : Kalyana Mitta, Ramsteinerstr. 16, Basel

What to bring: lunch, comfortable clothing

Fee : 20fr (10Sfr for Kalyanamitta members) administration fee to Kalyanamitta

& Dana (voluntary giving to the instructor)

Instructor: Dr. Yowon Choi, is a psychologist focusing on mindfulness based approaches. Yowon has practiced Korean Seon (Zen) since her childhood under the teachings of Ven. Chungwha and Ven. Youngtah, and Vipassana since 1999 with Sayadaw U Pandita from the Burmese tradition. She has been teaching meditation since 2009 in Europe and South Korea.

Insight meditation evening (in English)

First Monday of the month evenings : **6 Aug, 3 Sep, 1 Oct, 3 Dec** 19:00- 21:00

Theme : Obstacles to meditation and how to overcome them.

Walking and sitting meditation. Closing with a talk and reflection.

Where : Kalyana Mitta, Ramsteinerstr. 16, Basel

Fee : Dana (voluntary giving)

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