

New York Insight Meditation Center *PRESENTS*

# Mindfulness & The Healing Process

## The Doctor, The Buddha and YOU

*A Three-week Course with Dr. Paul Epstein*

**Wednesday Evenings, Nov. 30, Dec. 7, 14, 7:15–9pm (NOTE TIME CHANGE) Fee: \$40\***

NYIMC, 28 West 27th St. (btw. Broadway and 6th Ave.), 10th flr., NYC

IN THESE CLASSES, we will study, practice and learn how mindfulness meditation practice and the teachings of the Buddha can be integrated in the process of facing and healing the diseases of the body, mind, emotions and spirit. We will explore and live the questions...

- How can we deepen a healing presence within ourselves?
- How can we mindfully and heartfully open to our stresses, difficult mental states, childhood wounds and life stories?
- How can we use our healing journey and pain as an opportunity and vehicle to deepen and enhance our spiritual path?
- How can we be with and relate to our pain, difficulties, health issues and symptoms in a way that is wise, compassionate and healing?

The classes will include periods of silent practice, dharma talks, instruction, discussion, Q&A and guided meditation.

*Dr. Paul Epstein is a Naturopathic Physician, meditation teacher and yoga teacher. He specializes in integrative mind-body medicine and the clinical and therapeutic application and integration of mindfulness practice and Buddhist perspectives in health and healing. Paul has completed the Community Dharma Leaders program of Spirit Rock Meditation Center. Paul is in private practice in Manhattan and Westport, CT.*

### REGISTRATION

*\* The fee for these events does not include payment for the teacher. A gift to the teacher may be offered at the event. Generosity (dana) is traditionally practiced in this way by teachers and students.*

**Though pre-registration is always recommended, at-the-door registration is also available for most events. Online registration is also available: [www.nyimc.org](http://www.nyimc.org).** All events start promptly; please arrive 15 minutes beforehand. Consider bringing your lunch so that silence might be maintained throughout the day. NYI offers scholarships; please call for an application. Refund policy: You must notify NYI in writing at least two weeks before the event. There will be a \$5 handling charge. Send check or money order in full amount, payable to NEW YORK INSIGHT, to: NYIMC, 28 West 27th St., 10th Flr., New York, NY, 10001.

Please register me for:

\_\_\_\_\_ FEE \$ \_\_\_\_\_

Please consider adding a tax-deductible donation to NYI \$ \_\_\_\_\_

ADDITIONAL REGISTRATION FORMS: [WWW.NYIMC.ORG](http://WWW.NYIMC.ORG) TOTAL \$ \_\_\_\_\_

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Enable me to receive **MONTHLY UPDATES** of NYI events via e-mail

FOR INFORMATION ON OTHER NYI EVENTS, CALL 212-213-4802 FOR A CATALOG OR VISIT OUR WEB SITE: [WWW.NYIMC.ORG](http://WWW.NYIMC.ORG)