

Albuquerque Vipassana Sangha
Sunday evening sitting schedule

Sundays, 6:30 - 8:00pm Bhava Yoga Studio @ 520 Central Ave SE

Join the Albuquerque Vipassana Sangha for Vipassana meditation Sunday nights, 6:30-8pm
Guided chanting and meditation followed by discussion.

All are welcome!

Upcoming Schedule

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| Nov 8 | meditation and discussion: the <i>Brahma-viharas</i> (<i>metta, karuna, mudita, upekkha</i>) |
| Nov 15 | meditation and discussion: <i>metta</i> (lovingkindness) |
| Nov 22 | meditation and discussion: <i>metta</i> (lovingkindness) |
| Nov 29 | meditation and discussion: <i>karuna</i> (compassion) |
| Dec 6 | BHAVA STUDIO UNAVAILABLE |
| Dec 13 | meditation and discussion: <i>karuna</i> (compassion) |
| Dec 20 | meditation and discussion: <i>mudita</i> (empathetic joy) |
| Dec 27 | meditation and discussion: <i>mudita</i> (empathetic joy) |
| Jan 3 | meditation and discussion: <i>upekkha</i> (equanimity) |
| Jan 10 | meditation and discussion: <i>upekkha</i> (equanimity) |

Each sitting will begin with chanting and will close with the sharing of blessings.
Bring cushions; blankets and chairs are available to use.
Doors will be locked at 6:45pm. All are welcome!

Go to www.abqsangha.org for details or contact Amy altomson@gmail.com for more information.