

The Sustaining Power of Mindfulness

A day of mindfulness with Cheri Maples

Please join Insight Chicago and Lakeside Vipassana for a day of mindfulness, led by Dharma Teacher Cheri Maples. The day will include guided meditation, periods of sitting and walking meditation and dharma talks based on the theme of the day. There will also be an opportunity to ask questions about meditation or your practice. *Tea and beverages will be served, and attendees are encouraged to bring their own snacks/lunch.*

- Date:** Saturday, June 5th
Time: 9AM – 4PM (registration begins at 8:30AM)
Location: 126 E Chestnut St, Chicago, IL 60611
Fourth Presbyterian Church, Anderson Hall
Corner of Michigan and Chestnut, enter on Chestnut
Fee: \$20 (cash or check only please), and dana will be practiced, providing a donation to the teacher.
RSVP: There will be limited availability. Please email Susan Bennett at bennett_susan@earthlink.net to reserve a spot.
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Cheri Maples is an ordained Dharma Teacher by Zen master & peace activist, Thich Nhat Hanh. She is also an organizational consultant, trainer, and founder of the Center for Mindfulness & Justice. Cheri worked in the criminal justice profession for 25 years as a police officer, the Head of Probation & Parole, and an Assistant Attorney General in Wisconsin. She also has extensive experience as a community organizer and a social justice advocate. Cheri has incorporated all of these experiences into her understanding and teaching of the Dharma, and her practice of engaged Buddhism. Cheri leads meditation retreats nationwide, and sometimes co-leads with dharma teachers such as Sharon Salzberg and Tara Brach. For more information on Cheri, please see www.mindfulnessandjustice.org.

