

Gainesville Vipassana Society

OPENING TO LIFE EVENTS



Join us for a day of practice at beautiful Casa Micanopy. Together we will enjoy the silence and simplicity of sitting, standing, and walking meditation. There will also be guided movement and relaxation. The quiet natural environment provides an ideal setting for going deeper into practice.

There will be a vegetarian potluck lunch. So bring a dish.

February 2, 2019 - Casa Micanopy

(Check in 9:30am, ending about 4:30pm)

22259 NW 75 Avenue Rd, Micanopy, FL 32667

Registration:

To register email Paul Linn at paullinn109@gmail.com. Indicate that you are registering for the February 2nd one day meditation at Casa Micanopy. There is a suggested donation of \$20 for the Casa Micanopy facility and you may donate in any amount for the teachings.

Facilitators:

Paul Linn is a co-founder of GVS, Inc., and has been involved with insight meditation and dharma teachings for 40 years. A psychotherapist and teacher, he offers seminars and residential throughout the US mainland and Hawaiian Islands. His teaching style facilitates the immediacy of Awakening as ordinary, direct and inherent.

Steve Bean is a co-founder of GVS, and he has been co-facilitating residential at GVS for the past 20 years. In addition to his years of meditation experience he brings the integration of meditative movement from various traditions including yoga, tai chi, and qi gong.