

# Mindfulness Meditation Workshop



**Friday, Sept. 19 and Saturday, Sept. 20**

(Fri. 6:00 pm to 9:00 pm)

(Sat. 8:00 am to 3:00 pm. )

This intensive practice and training session in Mindfulness Meditation will be led by Rev. Sam Trumbore. The workshop gives participants an opportunity to learn Buddhist mindfulness meditation techniques or refresh and deepen their meditation practice. All are welcome from first timers to experts.

This meditation technique is considered one of the best for Unitarian Universalists. It helps people train their minds to strengthen concentration and intensify moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind, opens the heart and can improve one's physical health. Rev. Trumbore has practiced Buddhist insight meditation for 30 years and is past president of the Unitarian Universalist Buddhist Fellowship.

There will be a potluck vegetarian lunch on Saturday and all are encouraged to bring something to share. (A voluntary donation can be offered at the end.)

**If you would like to participate please register by signing up at the Sign Up Site in Channing Hall, or send an email to [registration@albanyuu.org](mailto:registration@albanyuu.org).**