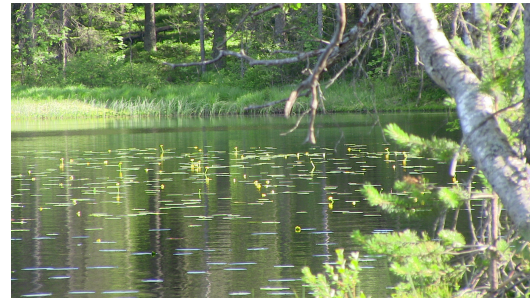


# Calgary Insight Meditation Society (calgaryims.org)

presents



## Joy for all Times with Insight Meditation Teacher Kim Allen

Friday, January 27, 2017 Free Public Talk from 7pm - 9pm  
Saturday, January 28 from 9:00am- 9:00pm AND  
Sunday, January 29 from 9:00am- 2:00 PM

**Location: FCJ Centre, 219 19 Avenue SW**

**Cost: early bird price (ends Dec. 15, 2016) is \$110 for Calgary IMS members  
\$123.00 for non-members**

Joy is a beautiful quality of the heart and an essential component of the Buddhist path. We will explore different flavors of joy, such as empathetic joy at the happiness of others (mudita), meditative joy (piti), and the simple joy that arises from having a path of practice. We will also consider the relevance and benefits of joy in situations of suffering, whether personal or with regard to the challenges of the world.

This weekend will include quiet sitting and walking practice as well as some guided meditations. We will explore teachings that deepen our experience of the open and wise heart, enriching our practice both on and off the cushion.

### **Kim's bio**

Kim Allen practiced with Gil Fronsdal for a dozen years, and now serves on the Teacher's Council at Insight Santa Cruz. Her training includes cumulative two years in silent retreat; sutta study with Gil, Bhikkhu Bodhi, and Shaila Catherine; and the Sati Center's Buddhist Chaplaincy program. Her teaching emphasizes the willingness to look truthfully at experience, and to soften in light of what is seen. Formerly she worked in environmental sustainability and organization development.

**Dana (donation)** for these priceless teachings will be gratefully accepted by the teacher, giving participants the opportunity to freely engage in the practice of generosity, the first step toward freedom.

**To register: [www.eventbrite.ca](http://www.eventbrite.ca) and search for "Kim Allen" or go to calgaryims.org and there is a link to eventbrite**

**Scholarships are available.**

