

Lotus Meditation Center
2908 University Avenue
Grand Forks, ND



Schedule of Events
Spring Semester, 2008

Insight Meditation

Insight Meditation (also called **Vipassana**) cultivates both concentration and relaxation. It is a practice that helps to free the mind from distortions and offers the possibility of living each moment fully with compassion and freedom. The practice of Insight Meditation requires no belief commitments.

Monday Evenings

6:00 p.m. - 7:00 p.m. Insight Meditation for Beginners January 28 - February 25

Five-week progressive course in the fundamentals of Insight Meditation. Classes are taught by Lora Sloan Anderson, Ph.D., LMC Director and clinical psychologist and Patrick Sloan Anderson, a former Buddhist monk in the Thai Theravada Forest Tradition. **Free of charge and open to all.** No registration is necessary. **Please call prior to attending if you do not have a UND parking permit.** For more information contact Lora or Patrick at (701) 787-8839.

7:00 p.m. - 8:15 p.m. Sitting Group (ongoing)

Thirty minutes of silent sitting meditation followed by various activities such as discussion, talks, and optional book study. Facilitated by Lora Sloan Anderson, Ph.D., LMC Director and clinical psychologist, and Patrick Sloan Anderson, a former Buddhist monk in the Thai Theravada Forest Tradition. **Free of charge and open to all. Please call prior to attending if you do not have a UND parking permit.**

Special Events

Insight Meditation Retreat with John Travis April 25 - 27

This retreat will be held Friday evening through Sunday afternoon. John Travis is the founder of Mountain Stream Meditation Center in the Sacramento, CA area and is a member of the Spirit Rock Teacher's Council. For more information see www.mtstream.org. **Scholarships are available.**

Music for Meditation and Contemplation: Date and time to be arranged

Selected and original compositions performed by Greater Grand Forks Symphony Concertmaster, Eric Lawson, *violin* and Jeff Anvinson, *guitar*. **Free of charge and open to all.**

*For more information about the events above, contact Lora Sloan Anderson at (701)787-8839
email: lorasloan@gra.midco.net*

Lotus Meditation Center
Other Events
Spring Semester, 2008

T'ai Chi Ch'uan

Tuesdays & Thursdays 7:30 p.m. - 9:30 p.m.

For more information contact Lloyd Blackwell at 746-6312 or 777-3357

Islamic Prayers

Fridays 1 p.m. – 4 p.m. and 5 p.m. – 8:30 p.m.

Starting time varies.

*For more information contact Ammar Naji at 701-330-1143 or
email: ammar.naji @und.nodak.edu.*

Yoga Arts with Dyan Rey

Beginners and Mixed

Tuesdays 5:30 p.m. - 6:45 p.m.

Intermediate

Thursdays 5:30 p.m. - 6:45 p.m.

First 8-week session starts January 8

Fee: \$65 per session. Single drop-in class, \$10. Private sessions available.

Discounts for students and senior citizens

For more information contact Dyan Rey at 772-8840 or email: dyanre@aol.com

Yoga with Patrick Sloan Anderson

Meditative Yoga

Mondays 5:30- 6:45p.m.

Free of charge and open to all. (except from January 28-February 25)

For more information contact Patrick Sloan Anderson at 787-8839

Multifaith Devotional Gathering

Days and times to be arranged

Unity gathering open to all groups, peoples & religions. Sponsored by the Baha'is of Grand Forks.

For more information contact Lora Sloan Anderson at 787-8839

Note: The Lotus Meditation Center is open M-F from 8a.m - 10p.m. and Sat. and Sun. from 12p.m. - 10p.m. The Center is open to individuals for meditation except when groups are scheduled. If you require general information about the Center, call the Office of International Programs at 777-4231. Prior request is to be made at the Office of International Programs for the use of the Lotus Meditation Center by any group. A free will offering is accepted for the use of the Center. If any group charges fees to participants, a percentage of fees collected will be requested for use of the Center.