



THE MOUNTAIN HERMITAGE
SUNDAY INTERNATIONAL SANGHA

with Jean Smith

AUGUST 4th, 11th, 18th, & 25th

9:30 am – 11:00 am (Mountain Time)

Change Your Mind

The Four Foundations for Establishing Mindfulness are the framework for this monthlong experience. We'll sit together, explore basic teachings of the Satipatthana Sutta, and see how these practical guidelines play out in daily life.

Sliding scale fees: low (\$100) actual (\$180) benefactor (\$250)
Applications and fees are requested by July 28, 2024

*No fees for monastics. No one will be turned away for lack of funds.
Registration fees do not include Dana offerings to the teacher*



Jean Smith has practiced Buddhist meditation in the Vipassana-Insight Meditation tradition since 1986 and has led sanghas in New York City, the Adirondack Mountains, and online from Taos, New Mexico. She has published nine books on Buddhism - including *The Beginner's Guide to Insight Meditation* (with Arinna Weisman); *The Beginner's Guide to the Walking the Buddha's Eightfold Path*; *Life is Spiritual Practice (the Paramis)*; *12 Steps on Buddha's Path* (written anonymously as Laura S), as well as a novel, *Himalayan Passage*. Jean is a member of Taos Mountain Sangha, where she is a guest teacher; leads the online Sober Sangha for Women; and serves on the board of The Mountain Hermitage.

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