

# Mindfulness MEDITATION

Insight  
Compassion

Joy  
Awareness

Each Tuesday you are invited to a meditation group led by Carol Cook, who has practiced insight meditation (Western Vipassana) for more than 20 years. Carol is a graduate of the Community Dharma Leader Program at Spirit Rock Meditation Center in Northern California. She is a caring teacher, devoted to helping others ease mental suffering through the Buddha's basic teachings on wisdom and compassion.

Mindfulness meditation can be practiced by anyone. Our community includes people from varying religious and non-religious traditions. Meditation experience is not necessary, and instruction is available.

## Tuesday Evening Schedule

- 6:30 - 6:50 pm** *Introduction to our practice & instruction*  
**6:50 - 7:00 pm** *Break*  
**7:00 - 7:40 pm** *Formal sit with guided loving-kindness meditation*  
**7:40 - 7:45 pm** *Stretch break*  
**7:45 - 8:30 pm** *Brief talk and discussion*

You are welcome to participate in any or all segments.

During the formal sit we prefer that you do not enter or leave once the bowl has been rung. Chairs and some cushions are available. There is no charge to participate. Donations are accepted.

***Please do not wear perfume, aftershave, lotions or other scented products.  
Some participants are chemically sensitive.***

Offered by  
Prescott Insight Meditation



First Congregational Church  
(unaffiliated)  
216 East Gurley  
Prescott, Arizona

Parking in rear  
Entrance on Alarcon St.

For more information:  
[prescottinsightmeditation.org](http://prescottinsightmeditation.org)  
928-778-1814

