

Tri-State Dharma and Cincinnati Dharma Center are offering an:

Insight Meditation Program

an Eight-month program for continuing practitioners of the Dharma ~ taught by Joan Staubach



For anyone wanting to go deeper in their spiritual practice,
for those wanting the support to deepen and maintain their practice,
for those already familiar with Buddhism and meditation,
this program is being offered.



This program **asks for a commitment** of daily practice*, and attendance at all monthly gatherings. There will be *assignments* to do between sessions, including suggested reading and contemplations. You will receive periodic emails with reminders and encouragement. Joan will also be available to answer emails, phone calls, and otherwise support you in your practice.

Gatherings consist of meditation periods, journaling and contemplations, discussions, and teachings. Sessions are from 10am – 3pm. In-Person monthly gatherings are at the Buddhist Dharma Center of Cincinnati, on Moline Ct. off Hamilton Ave. in Northside. For those out of town or who are under the weather, there will be a **Zoom option**.

For those in-person, wholesome lunches of vegetarian soup, salad, bread, and dessert are provided by students. You will be asked to volunteer at least once to bring in something for the shared lunch. Tea is provided.

**Daily practice is a commitment to at least 20 minutes of meditation most days of the week.*

Satipaṭṭhāna Study

I'm offering this course again, because each time you study this Sutta, the teachings deepen.

The Satipaṭṭhāna sutta is considered by many to contain the essential teachings of the Buddha. Each monthly meeting we will study a portion of this sutta, and intermix within it, deeper related teachings of the Buddha.

Pre-Requisite: already have familiarity with insight meditation and the basic teachings of the Buddha, and

- took a course previously from Joan, or
- attended a class taught by someone at Tri-State Dharma or at the Buddhist Dharma Center, or
- with Joan's permission.

The monthly gatherings are on the First Saturday of the month.

Dates: October 5, 2024
November 2
December 7
January 4, 2025
February 1
March 1
April 5
May 3

Joan Staubach is an active member and current president of Tri-State Dharma. She is an experienced practitioner of Insight Meditation. She has been practicing since 1999. She has taught and co-taught the New Year's Retreat for over 10 years, taught other retreats, led daylong retreats, and taught numerous Insight Meditation classes. She has taken training retreats with Matthew Flickstein on Sharing the Dharma. You can contact Joan at joanstaubach@gmail.com or by calling 513.205.0700.

The program is **FREE**. Joan is offering the program on a *dana* basis. There will be a basket at each in-person class and/or links for various ways to donate to Joan should you choose to do so.

To register, [click here](#) or scan the image to the right.

