

Contemplative Life Initiative @ MIT

A Retreat for Graduate Students

*Unleash the Power of Creativity with Silence, Clarity, and Insight**

Date: **June 2, 2007** (10AM-5PM)
Venue: **E15- 209** (the Weisner conference room)
Cost: **Free** (by donation)

The day-long retreat will consist of instructions and practice of various meditation techniques, yoga, and discussion.

“Meditation is an intentional turning of our attention toward moment-to-moment awareness of our thoughts, emotions and feelings. It is a practice of awakening the heart, and a radical acceptance of what is revealed about our true selves. This awakening allows us to recognize the difference between "thinking" and "being", and thereby to consciously alter those aspects of our thinking that obstruct our personal growth.”

Registration is required. Visit
<http://prajnopaya.gigshowcase.com/>

Co-sponsored by MIT Prajnopaya, The Center for Health Promotion and Wellness at MIT Medical, & DSL