

# A Year of Insight Meditation with Stephanie Squibb

**Join Stephanie for a year of Insight Meditation.**  
 Meditation in this respect is approached through concentric circles, the center being the vision of enlightenment and each outer circle enriching the vision. The aim in this practice becomes balanced, blissful self-awareness.

Stephanie's meditation series covers a variety of topics with a focus on home practice.

- Breath
- Feeling Tone
- Content of Mind
- Walking Meditation
- Metta Meditations
- Joy & Equanimity
- Body Sensation
- Process of Mind
- Reality
- Compassion
- Forgiveness
- Birth & Death

*This series is appropriate for beginners as well as more advanced meditation students. Each class builds on the next.*

*Stephanie had her first taste of formal meditation through the Temple of Kriya Yoga nearly 14 years ago. Since then, she has taught yoga and devoted years of training to deepening her awareness through spiritual practice, self-study, and cultivating her interest in the body-mind as it relates to quantum physics. She is presently studying with Matthew Flickstein and Carol Blotter of the Forest Way, a Theravada Buddhist Insight Meditation Center in Richmond, Virginia.*



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**Cost for the entire series, which includes email support from Stephanie, is \$144 for the year. Students welcomed on a drop-in basis at \$15 a class.**

*Please make checks payable to Cascade Yoga Studio.*