

# Buddhism and the Brain: Meditation and Daily Life\*\*

at O2 Yoga  
1557 Zerolene Place • Minden, NV 89423

**Sunday, May 19, 2019**  
9:30am - 4:00pm



Modern neuroscience confirms the Buddha's insights about the mind and how to find freedom and happiness. It also gives us some more tools for our practice toolbox. This day will combine sitting and walking meditation with several short talks throughout the day, exploring the integration of brain science and Buddhist concepts. There will be opportunities for questions and answers. This day is suitable for beginning and advanced meditators.

**Prepare for comfort with layered clothing. Bring a sack lunch.**

**If you wish to sit on the floor, bring a cushion or bench. Chairs are provided.**

There is no charge to attend the retreat. The generosity of your donation will go to O2 Yoga and help support the teacher.

For more information about this retreat contact [kathy@DharmaZephyr.org](mailto:kathy@DharmaZephyr.org) or call 775-882-4980.

**Kathy Schwerin** began her Buddhist practice on an extended trip to Asia in 1986-87. Never tiring of Buddha images and wanting to have the friendly ease embodied by the Buddhists she met, she was further inspired by a man who was learning meditation so that he could be a wise old man. Returning home, she read *Being Peace*, by Thich Nhat Hanh, which showed her the path of inner peace is not separate from peace in the world. She went on to be a co-founder and Community Dharma Leader of Dharma Zephyr Insight Meditation Community, as well as a psychotherapist in private practice (currently not accepting new clients). She sometimes blogs at [AMindfulBreath.com](http://AMindfulBreath.com). Contact her at [kathy@dharmazephyr.org](mailto:kathy@dharmazephyr.org).

\*\*So sorry to report that Amita Schmidt had to cancel her trip to Nevada this May. She will be teaching at our Spring, 2020 residential retreat at Tahoe.

