

# Kona Meditation Group

## February to April 2009

With

**Gavin Harrison**

At Malama I ka Ola (Holistic Health Centre), Holualoa Village

From 6 to 7:30 p.m. on the following Wednesdays:

February 4, 18

March 4, 18

April 1, 15, 29

Beginning May 10, 2009 we begin Sunday "mini-retreats"  
at Mauka Mist Center, Holualoa. (See website for details and dates)

Sitting, walking meditation instructions and a talk will be offered at all groups, whether or not Gavin is available. Beginners are welcome. Groups are non-denominational and open to those of all spiritual traditions. Chairs are available. Yoga blankets and bolsters are available for the wooden floor. You are welcome to bring your own cushion.

Gavin lives on the Big Island. He has practiced Buddhist Insight Meditation for 26 years and has taught internationally. He has a deep interest in finding ways to bring the ancient teachings alive in accessible and authentic ways within the circumstances of this time. Gavin's teachings draw from the Sufi and Christian mystical traditions. He is the author of "In the Lap of the Buddha" and a recipient of the "Unsung Heroes of Compassion Award" presented to him by H. H. the Dalai Lama for "kindness and quiet dedication to others."

Gavin gratefully accepts donations to help cover his living expenses

For further information, directions, Gavin's participation and schedule changes:

[www.gavinharrison.net](http://www.gavinharrison.net)

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