

# Big Island Meditation

## Groups: May to August, 2009

With Gavin Harrison

Sunday "mini-retreats" from 4 to 6:30 p.m.

### HOLUALOA (At Mauka Mist Centre)

May 10, 24    June 7, 21    July 5, 19    August 2, 16, 30

### WAIMEA (at "No Place like Om Yoga Studio")

May 17    June 28    July 26    August 23

Sitting and walking meditation instructions, along with a talk will be offered at all groups. There will be an opportunity for inquiry and discussion at all groups. Beginners are very welcome. Groups are non-denominational and open to those of all spiritual traditions. Chairs are available. Please bring your own cushion.

Gavin lives on the Big Island. He has practiced Buddhist Insight Meditation for 28 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 also 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, what to bring and schedule changes:

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

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