

The Hollow Body of Breath

Lama Mark Webber

(Lama Karma Tenpa Lekshe Yongdu)



Sunday, February 19, 2006

2:30–5:30 p.m. at Indigo Spirit Yoga



*Join us in a class that will explore the breath
in a myriad of ways leading us to meditation.*

Lama Mark Webber's style of teaching is non-sectarian and universalist in nature, displaying for beings the wondrous unity, uniqueness and intrinsic freedom of all life. His teaching is classically founded, but well integrated with science, art and nature. Mr. Webber's work with people demonstrates a profound commitment to freeing beings from innumerable suffering states, whether through meditation, study, art, travel or science.

An excerpt below from Marks' website www.markwebber.org:

"The "meaning of life," which I would call the purpose of life, is to wake up fully, as fully as one can in a life time. This does not mean you must become a Buddhist or Christian or Sufi (though for some that might be just what they need), but it does require that you be a very fully alive, enriched human being. In the Buddhist tradition this is called Bodhicitta, the mind of enlightenment. That means we must study/explore life, love, awareness, compassion and mind. This is a life time study, both with direct awareness and intellectually, with feelings and intuition, senses alive and intellect working — an integrated being."

Go and explore Marks' website to view some amazing images of his recent study on Plankton — the microscopic world.

Mark Webber does his workshops in the Buddhist tradition by the bowl.

Fee for teaching: A fee of \$20 is suggested Dana (offering) for the teaching.

If for some reason you cannot afford \$20 and you would like to come, some exchange needs to take place. Whatever you can afford or give.

Fee for space: \$10 for Indigo Spirit Yoga for the use of the space.



Image from Ladakh —Retreat
spring 2005.